10 SECRETS TO HEALTHY COOKING | QUICK & EASY MAKE-AHEAD DINNERS

10th Anniversary Special

EatingWell

WHERE GOOD TASTE MEETS GOOD HEALTH

August 2012

100 Healthy, Fresh, Delicious Recipes You Will Love!

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- Roasted Corn Cheese Dip
- Peach-Raspberry Pie

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Superstar Dishes You Can Make Tonight

6 Super Salads

Nutrition Myths Busted

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#1 Food You Should Be Making (but probably aren't)

p.68

Corn & Crab Cakes • Pulled Chicken Sandwiches • DIY Energy Bars

Dear Subaru,

"When our daughter was born in 1995, we bought a new Outback to keep her safe. We knew Subaru was famous for longevity, but never imagined this car would still be going strong when she turned 16! Now, she's driving it and we're a two-Subaru family." – Ed & Heather H., Lafayette, CA.
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10th anniversary special

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This page: Grilled Tuna Sandwich with Lemon-Chili Mayo *(page 30)*
Cover photograph: American Images Inc./Photodisc/Getty Images
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Recipe Index

34 RECIPES including quick weeknight dinners, fresh takes on summer corn and a collection of 10 all-time favorite dishes

How We Test Recipes

Each of our recipes is tested in the *Eating Well* Test Kitchen. Our goal is to provide healthy, delicious recipes that really work.

- Recipes tested on average seven times each.
- Each recipe is tested by multiple testers.
- We test on both gas and electric stoves.
- We use a variety of tools and techniques.
- Testers shop major supermarkets to research availability of ingredients.
- Testers measure active and total time to prepare each recipe.

How We Analyze Recipes

- All recipes are analyzed for nutrition content by a Registered Dietitian.
- We analyze for calories, total fat, saturated (sat) fat, monounsaturated (mono) fat, cholesterol, carbohydrate, added sugars, protein, fiber, sodium and potassium, using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR. (Note: Nutrition information is updated regularly. The current analyses appear with the recipes on *eatingwell.com*.)
- Garnishes and optional ingredients are not included in analyses.
- When a recipe provides 15% or more of the Daily Value (dv) of a nutrient, it is listed as a nutrition bonus. These values are FDA benchmarks for adults eating 2,000 calories a day.
- Recipes highlighted as gluten-free (*see Key, below*) do not include wheat, rye, barley or oats. But it's important to read the labels of processed foods, such as broths and condiments, to make sure they don't contain hidden sources of gluten.

Key to Icons*

Icons identify recipes that are most appropriate for certain eating goals. A recipe marked...

- h♥w **[Healthy Weight]** has reduced calories and limited saturated fat.
- h↑f **[High Fiber]** provides significant total fiber.
- h♥h **[Healthy Heart]** has limited saturated fat.
- **Gluten-Free**
- ¢ **[Budget Entree]** costs less than $3 per serving.
- ⏱ is ready to eat in 45 minutes or less.

*For more on our nutritional-analysis process and complete guidelines on how we define each icon, visit *eatingwell.com/go/guidelines*.

How We Price Recipes

- Costs for ingredients come from *safeway.com* and *peapod.com*.
- Costs include every ingredient, even staples.
- Costs include only the amount used (e.g., 1 teaspoon capers, not the entire jar).
- Garnishes and optional ingredients are not included in cost.
- Prices are best estimates as of spring 2012.

More Great Recipes

For more delicious *EatingWell* recipes, go to **eatingwell.com/recipes**.

PAGE		RECIPE	hw	hf	hh	CALORIES	FAT/SAT (g)	CARBS (g)	FIBER (g)	SODIUM (mg)	BUDGET ENTREE
						Daily Value (DV)					
						DV: 2,000	DV: <65/20	DV: 300	DV: 25	DV: <2,400	
		APPETIZERS									
64	⏱	Roasted Corn Cheese Dip				155	11 / 7	8	1	186	
49	⏱	Roasted Eggplant & Feta Dip	•			75	6 / 2	4	2	129	
		SALADS & SIDES									
68	⏱	Corn on the Cob, 3 Ways	•		•	74	1 / 0	16	2	1	
36	⏱	Grilled Green Beans with Horseradish Ketchup	•	•	•	66	2 / 0	11	4	158	
49	⏱	Melon, Tomato & Onion Salad with Goat Cheese				194	12 / 4	20	2	175	
36	⏱	Mushroom & String Bean Salad	•	•	•	103	5 / 1	9	3	103	
37	⏱	Spicy Stir-Fried String Beans	•	•	•	97	5 / 0	12	4	285	
37	⏱	String Beans & Summer Squash	•	•	•	59	3 / 0	8	3	145	
		VEGETARIAN									
54		Braised Summer Vegetables with Green Herb Sauce	•	•	•	250	13 / 2	32	7	352	¢
28	⏱	Broccoli & Tortellini Salad with Arugula Pesto		•	•	445	23 / 5	45	5	605	
28	⏱	Greek Pasta Salad		•	•	480	19 / 5	65	9	535	¢
		FISH & SEAFOOD									
30	⏱	Grilled Tuna Sandwich with Lemon-Chili Mayo		•	•	442	19 / 2	32	5	753	
30	⏱	Grilled Tuna Sandwich with Lemon-Chili Mayo for Two		•	•	442	19 / 2	32	5	759	
50	⏱	Indian Spiced Shrimp	•		•	139	5 / 0	7	2	464	
65		Maryland Corn & Crab Cakes		•	•	439	17 / 3	46	6	895	
65	⏱	Summer Corn & Scallop Pasta		•	•	473	8 / 3	73	10	844	
32	⏱	Zesty Shrimp & Black Bean Salad	•	•	•	273	12 / 2	19	6	410	
32	⏱	Zesty Shrimp & Black Bean Salad for Two	•	•	•	274	12 / 2	20	6	416	
		POULTRY & MEAT									
56		Barbecue Pulled Chicken	•		•	249	11 / 3	10	1	304	¢
53		"Fajita" Burgers		•		434	20 / 7	36	6	662	¢
52		Picnic Oven-Fried Chicken	•		•	224	7 / 2	5	1	237	¢
57	⏱	Sesame Chicken Cucumber Noodle Salad	•		•	242	11 / 2	17	3	312	¢
31	⏱	Smoked Turkey & Farro Salad		•		439	24 / 8	43	8	689	
		MAKE-YOUR-OWN SUSHI PARTY									
75	⏱	Citrus-Soy Dipping Sauce				6	0 / 0	1	0	333	
75		Pickled Ginger				37	0 / 0	9	0	3	
74		Seared Arctic Char Hand Roll	•		•	211	14 / 2	9	3	394	
73		Teriyaki-Mussel Maki Roll	•		•	186	3 / 0	32	3	327	¢
72		Whole-Grain Sushi Rice	•		•	94	1 / 0	18	2	3	
		DESSERTS & BAKED GOODS									
58	⏱	Bev's Chocolate Chip Cookies				99	5 / 2	12	1	64	
38		Chocolate Raspberry Tofu Pie		•		310	15 / 6	43	3	153	
18		EatingWell Energy Bars				167	9 / 2	19	2	28	
80		Peach-Raspberry Pie		•		315	10 / 4	52	4	126	
58		Pineapple-Coconut Layer Cake				318	13 / 5	46	1	203	
66		Sweet Corn Ice Cream	•		•	185	2 / 1	34	1	95	

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The EatingWell Team
editor@eatingwell.com

You're invited...

Think, for a second, what life was like 10 years ago. Low-carb diets were all the fad, there was no national certified organic seal, gluten-free products were few and far between, and *EatingWell* was a concept that was just coming to life.

EatingWell was the brainchild of publisher James Lawrence, who was so sure that America needed "a magazine of food and health" that he hired a core staff (four of whom—Laura Carlsmith, Alesia Depot, Paula Joslin and Wendy Ruopp—are still here) and put out the first issue on a shoestring budget in rural Vermont.

It wasn't the first time Lawrence had that vision. He'd launched *Eating Well* once before, in 1990. It was well ahead of its time, and the magazine, after numerous owners, was shuttered in early 1999. But America's food habits were changing. Perhaps now the time was right?

EatingWell's mission—to deliver the information and inspiration people need to make healthy eating a way of life—is stronger than ever.

A decade later you, our readers, are proof that it was. Lawrence moved on in 2005, but under the business leadership of Tom Witschi (our former CEO and now Women's Lifestyle Division president at our new owner, the Meredith Corporation), *EatingWell* has grown to reach 600,000 subscribers and our website has nearly 4 million unique visitors a month. We've put out 13 cookbooks, won 8 James Beard Awards and recently won our third award for Culinary Writing That Makes a Difference from the International Association of Culinary Professionals.

We've also created spin-off magazines, such as *Eat Healthy Your Way*, which goes free to patrons of all 250 or so military commissaries around the world. And we supply content to companies ranging from GE to food-service giant The Compass Group.

Yes, we've grown, we moved to new offices up the road and we are now part of one of the nation's leading media companies. But our values are the same and our mission— to deliver the information and inspiration people need to make healthy eating a way of life—is stronger than ever.

And that's reason enough to celebrate. So we're inviting you to a virtual birthday party: pick a recipe from this issue and make it as part of our celebration on July 25. Then share your story about it on Twitter, Facebook and Pinterest, with the tag #eatingwell10th.

On July 25, I'll be making Maryland Corn & Crab Cakes (p. 65) and Barbecue Pulled Chicken (p. 56) and blowing out the candles on our Pineapple-Coconut Layer Cake (p. 58). And you?

Santé,

Lisa Gosselin, Editorial Director

The Checklist

✓**Be a Potluck Star:** Bring the dish everyone wants the recipe for with our healthier potluck classics: eatingwell.com/go/potluck.

✓**Get Our Best Recipes, Free:** Get a free downloadable mini cookbook of our 10 best recipes at eatingwell.com/go/bestrecipes.

✓**Boost Fitness with These Foods:** Find out what to eat before, during and after you exercise at eatingwell.com/go/fitness.

✓**Put Your Best Face Forward:** Find out which foods can help you prevent skin cancer, have smoother skin and more at eatingwell.com/go/skinfoods.

✓**Eat a Better Breakfast:** Start your day off right with our healthy breakfast recipes and tips at eatingwell.com/go/breakfast.

Photography by: Erica Allen (top left); Ken Burris (top & bottom right); Denise Crew (middle right)

"What's essential to me is enjoying the sunshine wherever I go."

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Our Contributors

And Their All-Time Favorite *EatingWell* Recipes

Karen Ansel, M.S., R.D., C.D.N.
"Chinese Chicken & Noodle Salad"

Karen Ansel jumped at the chance to report on the decade's most significant advances in nutrition science (*"What We've Learned: 10 Essential Nutrition Lessons,"* page 40). The author of three books on food and health, and an Academy of Nutrition and Dietetics spokesperson, she still learned as she wrote. "A real eye opener was that BPA is linked to so many health problems," she says. "I've been reducing my exposure any way I can."

Barry Estabrook
"Coctel de Camarones"

A two-time James Beard Award winner, frequent contributor to the likes of *The Atlantic* and *The New York Times Magazine*, noted author of the award-winning book *Tomatoland* and *EatingWell*'s first editor, Barry Estabrook was the ideal person to explore the delicious world of heirloom sweet corn (*"Sweet Summer Corn,"* page 60). The food-origins expert says what he loved the most was the farmers he met along the way. "They really amused me!" he laughs.

Alesia Depot
"Pork Tenderloin 'Rosa di Parma'"
Wendy Ruopp
"Raspberry Spoonbread"

Alesia and Wendy (assistant managing editor and managing editor) have worked on literally every single recipe that the magazine has ever run (over 5,000!). They are responsible for each issue's obsessively accurate recipe styling and nutrition details. "I actually really like working on this stuff," Alesia says. "That's the geek in me!"

Photography by: Lisa Hancock Headshots (top); Trent Campbell (middle); Erica Allen (bottom)

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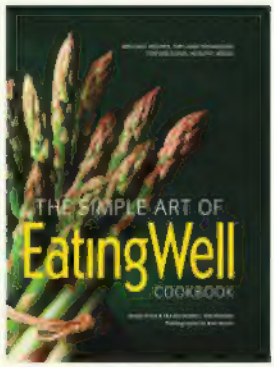

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& the EATINGWELL Test Kitchen
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Feedback

You Read Us Because..

I've been an EatingWell subscriber for years, and I think the April issue is the best one yet. Before opening the magazine, I had just sat down with a fresh picked weed salad, so you know I loved the stories on greens and leafy weeds. As a busy mom I also appreciated the meatball, salmon and cookie recipes, as well as the simple but family-friendly menu plan. Great photography and community stories too.
—Linda Cox, Austin, TX

You Loved...

I wanted to tell you how much I appreciated Kerri-Ann Jennings's "The Eat-What-You-Love Diet" (June 2012). I have lost 40 lbs. using this method. My only qualm is with the title "diet" because it may perpetuate the dieting mentality which supports everything intuitive eating is against. Intuitive eating is a lifestyle and as soon as I started incorporating mindful eating in my life I had so much less stress and so much more self esteem. It's crazy how much time we spend judging how we eat.
—Alana McMichael, Rolla, MO

The articles in the June issue on meatless eating "The Carnivore's Dilemma" and "Where's the Beef?"—inspired me to write. I am a retired physician, and often when I asked patients how frequently their forebears ate meat, the answer was "Twice a year, Christmas and Easter." If we returned to that custom we would be healthier, and be able to afford the highest quality meat. This would encourage the production of organic, free-range animals, and there would be fewer, so the environmental damage would also be mitigated.
—E.D.M. Landman, M.D.

Your June issue is one of the best I've read. The article "Cherry Picking" on cherry farms in Michigan makes me want to visit Michigan, not something I ever thought about doing.
—Edy Klang, Truckee, CA

You Shared...

When I was growing up on a farm in New Canada, Maine, my mom would get so excited when the snow was gone from the fields so she could pick dandelion greens. She would take some from the crock, rinse them, put them in a big pot with a small slab of salt pork, potatoes and onions and boil for about 45 minutes. We would have them with buckwheat pancakes and a roast that was cooking on the back of the stove for 3 hours. We did not have electricity and that was in the 1940s. I still think of those times when I read the "Field Guide to Greens" in the April issue as well as "What is a weed?" I enjoy your magazine very much and it has helped me try some vegetables in ways that I never thought I would try, some I never had before. Thank you for opening my eyes at my young age of 72.
—Fernande McLean, Lakeville, MN

Tips from a Facebook friend on saving food:
Freeze your bread and only defrost the slices you're going to use. Cheese is always grated, separated into 2-3 cups worth, bagged and frozen. Berries that aren't used in the first 2 days are washed, towel dried, put on a cookie sheet and frozen. Once they're completely frozen move them into a freezer zippy or storage container. —Sara Styczinski

@EatingWell asks...

Who's at your dream dinner party?

@Chefmingtsai: James Beard, both Dali's and Julia [Child]

@eatsmartbd: @Oprah!

@Oprah: A long list, with Chris Rock at the head of the tab e

@donnaraejohnson: @Barack Obama family, @rachelmaddow, Hans Theesink Dennis Kuc nich, Norah Jones, and my entire conservative family!

@Miyassushi: Anybody who could benefit from a hea thy meal or a nour shing conversat on with good souls

You Asked Us

I just received my June *EatingWell* and enjoyed it. However: it would seem that ma es do not exist to your writers. For instance, the artic e "Inflammat on Nat on" and the 10 tips refer to the benefits to women but none to men. Really? Give us guys a nod.
—Mike O'Leary, Ponchatoula, LA

Eds. reply: Agreed. We apologize and humbly nod!

Most Pinned on Pinterest

Your favorite recipe from our June issue? Our Pinterest fans chose Skillet Gnocchi with Shrimp & Asparagus.

Also find us online at:
twitter Find us on Facebook

Photography by: Peter Ardito

GO Veggie!™

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FLORIDA CRYSTALS

Agave Fresh Fruit Salsa

- 1 lb fresh strawberries
- 4 fresh apricots OR 2 large peaches
- 1 1/2 cups fresh chopped pineapple
- 1 1/2 cups fresh blueberries
- 1 1/2 TBSP fresh lime juice
- 1/2 cup Florida Crystals® Organic Light Agave Nectar OR 1/2 cup Florida Crystals® Organic Sugar
- 1-3 TBSP chili powder
- 1 tsp finely chopped fresh cilantro
- 1/2 tsp finely chopped fresh mint

Dice strawberries, apricots and pineapple into 1/2-inch pieces. In a large bowl, combine all fruit and set aside. In a small bowl, combine lime juice and Agave Nectar. Add 1 tablespoon of chili powder (increase by teaspoonfuls to reach desired flavor); mix well. Add agave mixture, cilantro and mint to the fruit, tossing until combined. Serve immediately.

Sugar 'N Spice Chips

- 1 bag (8.5 to 10.5 oz) corn tortilla chips
- 1/2 cup unsalted butter, melted (1 stick)
- 1/2 cup Florida Crystals® Organic Sugar
- 2 tsp ground cinnamon
- 1/4-1/2 tsp chili powder

Preheat oven to 425°F. Grease two cookie sheets or line with parchment paper. Dip tortilla chips into melted butter. Using a pastry brush, remove excess butter to give each chip a thin, even layer of butter on both sides. Place chips on prepared cookie sheet. In a small bowl, combine sugar, cinnamon and chili powder to taste. Sprinkle over buttered chips, and bake for approximately 5 minutes, or just until golden. Remove from oven and cool for 5 minutes before serving.

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1 Sprinkle. Nasturtium blooms (*below*), borage, monarda and calendula add a vibrant pop to a salad.

2 Stuff. Fill squash blossoms with a soft herbed cheese. Brush with olive oil and bake until wilted and heated through.

3 Cook. Fennel flowers add a wonderful anise taste when roasted with fish or pork. Try a pinch of chopped lavender buds in mashed potatoes.

4 Sweeten. Roses, violets and pansies can be blended with equal parts sugar and water to make delightful syrups for sorbets or beverages.

Stop and Eat the Roses

Flowers are poetic, sentimental, romantic and ephemeral. And some of them taste good too. Azure-blue sage blossoms carry the aroma of the leaf, but softer and sweeter: just the thing to sprinkle over green peas. Blazing orange nasturtiums have a peppery bite and will dazzle any salad. At my restaurant in Seattle, Poppy, I find that cooking with flowers can add color and unique flavor to any meal. My kitchen garden is packed with delicious, delicate blossoms: pink globes of chive, hearty kale flowers, edible ornamentals like violets or lavender. It's a pleasure to bring such beauty to my table.

Bear in mind that not all flowers are edible. Some are quite poisonous, so do your research first. Don't eat florist flowers—they are often loaded with pesticides. Whatever you pick, be ready to be surprised by the delicate flavors you create. As with gardening, the miracle is always in what blooms.

—Jerry Traunfeld, James Beard Award-winning chef & author

Photography by Carin Krasner. Prop stylist Jennifer Barquist. Tablecloth from H.D. Buttercup.

Misty May-Treanor (*left*) and Kerri Walsh Jennings

> When I eat every 3 hours I can focus better, **feel stronger**, last longer.
>
> *Kerri Walsh Jennings, 33, two-time Olympic medalist*

Olympic Appetites

The world's fastest, fittest athletes are competing in the summer Games, but what fuels their power? We talked to 5 Olympic hopefuls about how they eat to win. – *Michelle Edelbaum*

Bryan Clay
32, Decathlete, two-time Olympic medalist

"I eat around 5,500 calories a day. I'll have a big deli turkey sandwich with oil and vinegar, extra olives and ranch dressing. People say, 'Wow, that's a big sandwich!'"

Nastia Liukin
22, Gymnast, five-time Olympic medalist

"My mom raised me to treat my body like an expensive car—you have to put in the highest-quality fuel. I have a clean diet and eat fresh food—eating organic is important."

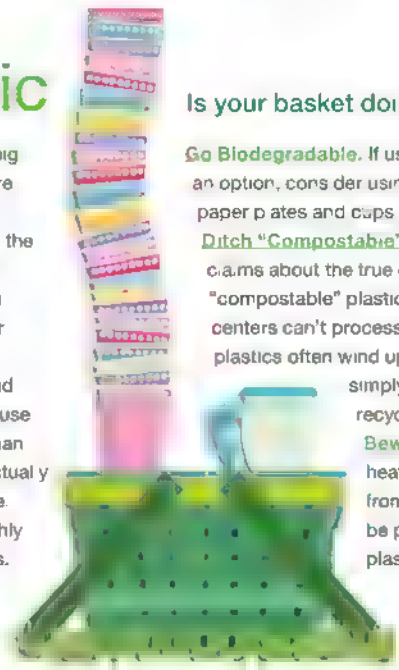
Misty May-Treanor
34, Beach Volleyball player, two-time Olympic medalist

"My favorite power food is Greek yogurt and honey. Before soccer games when I was little, my dad would make me have a spoonful of bee pollen and honey. He told me it would give me energy."

Nick McCrory
20, Diver, Olympic hopeful

"Ice cream is my biggest weakness. I think the occasional bowl is OK. But the best nutrition advice I've ever received is, 'Do you want a gold medal or an ice cream cone?'"

A Greener Picnic



Is your basket doing its part to go green?

How you pack and serve your picnic can have a big impact on the environment if you consider the entire life cycle of the products you're using. We asked sustainability expert Pablo Päster for his advice on the best ways to enjoy an eco-friendly alfresco meal.

Use Your Hands. By serving finger foods, you can avoid the need for plates or cutlery. Just remember to pack a few cloth napkins for clean up!

Reuse Your Reusables. Reusable cups, plates and picnic baskets are only eco-friendly if you actually use them. Since they take a lot more energy to make than disposables, a durable item that collects dust is actually less environmentally friendly than a disposable one. For instance, a stainless-steel travel mug has roughly the same impact as 24 paper or 46 Styrofoam cups.

Go Biodegradable. If using your own durable goods isn't an option, consider using biodegradable materials like paper plates and cups (preferably recycled) instead!

Ditch "Compostable" Plastics. There are conflicting claims about the true compostability of so-called "compostable" plastics. In addition, many recycling centers can't process them. The result? These "green" plastics often wind up in a landfill. It's often better simply to use traditional plastics and recycle them instead.

Beware of Bamboo. Bamboo is heavy, and since it's usually shipped from abroad, its carbon footprint can be pretty big—even compared with plastics shipped the same distance.

Photography by Miriam May/Bongarts/Getty Images. Illustration by Linda Davick

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Top This

See how your favorite fro-yo toppings add up

Frozen-yogurt shops are all the rage, with one chain—Red Mango—opening 150+ locations since 2007. Why is this cold stuff so hot? Subbing nonfat frozen yogurt for soft-serve ice cream can be a smart option calorie-wise, saving you 100 calories in a "small" 5-ounce portion. It's easy to undo those calorie savings, though, depending on your choice of toppings. *—Hillary Gilson*

Strawberries / 3 calories
Provides skin-firming vitamin C.

Pineapple / 5 cal.
A burst of tropical flavor & some fiber.

Mango / 6 cal.
A fruit to satisfy your sweet tooth.

Low-Fat Granola / 24 cal.
Adds crunch & fiber for few calories.

Walnuts / 45 cal.
Calorie-dense, but heart-healthy.

Dark Choc. Chips / 50 cal.
A candy, yes, redeemed by antioxidants.

Rainbow Sprinkles / 60 cal.
Fun colors, but full of artificial dyes.

Heath Bar Pieces / 75 cal.
Your dentist won't thank you.

Oreos / 71 cal.
A high-cal cookie crumble.

Peanut Brittle / 100 cal.
Delivers some protein, plus salt & sugar.

*Calories per 1-tablespoon serving (about the size of a Ping-Pong ball)

Home-Baked or Half-Baked?

In many places the delicious fare made for farmers' markets—cooked at home rather than in a licensed, inspected commercial kitchen—is technically illegal. To combat this, over the past decade a few states have passed cottage food bills, laws that allow local food entrepreneurs to produce items that carry a low risk for food-borne illness, such as baked goods, jams and pickles. But while some food experts love this trend, others fear that it's a recipe for serious illness. Which side are you on? *Cindy Klinger*

FOOD SAFETY FIRST

Although I admire the entrepreneurial spirit, getting exemptions from food-safety rules or inspection procedures is just not something business owners or customers should do. I always tell companies—big, medium or small—to embrace some level of regulation. When you balance the convenience of somebody running a business versus public health, I think you have to bend in favor of public health.

—Bill Marler, food-safety advocate and attorney

VS

HOME-BAKED HEAVEN

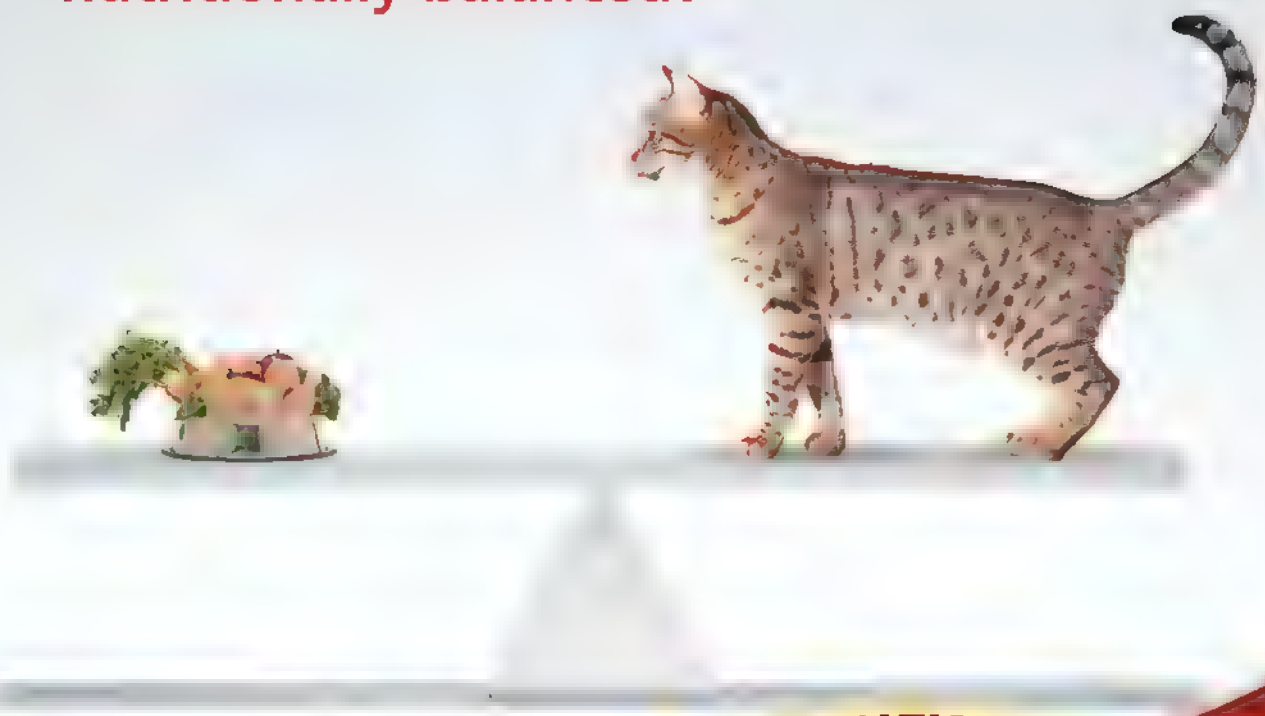
There have been almost no reported food-borne illness issues with cottage food operations. In many ways these foods are safer than the commercial counterparts because of supply chain and traceability issues. Commercial products have much more complex supply chains that span multiple states and countries. That means more opportunities for food contamination.

—Wes King, sustainable farming advocate and cottage food policy advisor

Photography by Peter Ardito. Food stylist: Susan Vajaranant. Prop stylist: Miche le Wong

Healthiest Ice Cream?
Wondering how your favorite ice cream choices stack up nutritionally? Find out at eatingwell.com/go/icecream

Is your natural cat food nutritionally balanced?



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Peanuts

Pre-workout: The most protein-rich nut, peanuts can help stave off hunger without overtaxing digestion. **Post-workout:** Protein helps repair and rebuild muscles—especially when eaten within a ½ hour after exercising.

Brown rice cereal/Oats

Pre-workout: The quickly absorbed carbs in brown rice cereal provide a shot of "use it now" fuel, while fiber-rich oats supply lasting energy. **Post-workout:** The carbs replenish depleted glycogen stores.

Chocolate chips

Pre-workout: Antioxidants in dark chocolate help prevent muscle soreness later on. **Post-workout:** Dark chocolate provides flavonols, compounds that can help improve blood flow, which brings more oxygen to replenish your hardworking muscles.

EatingWell Energy Bars

Makes: 12 bars
Active time: 15 minutes **Total:** 1¼ hours
To make ahead: Store airtight between sheets of wax paper for up to 1 week. Or individually wrap in plastic and freeze.

- **1 cup lightly salted dry-roasted peanuts, coarsely chopped**
- **½ cup crispy brown rice cereal**
- **½ cup old-fashioned *or* quick-cooking rolled oats**
- **⅓ cup raw pumpkin seeds *or* sunflower seeds**
- **¼ cup dried blueberries**
- **6 dried apricots, diced**
- **3 tablespoons mini chocolate chips**
- **5 tablespoons brown rice syrup *or* light corn syrup**

1. Preheat oven to 325°F. Line the bottom and sides of an 8-inch-square baking pan with foil and coat with cooking spray.
2. Combine dry ingredients in a large bowl. Drizzle with syrup and gently stir until thoroughly combined. Spread in the prepared baking pan. Coat another piece of foil with cooking spray and place on the bar mixture, sprayed-side down. Place another pan on top and press firmly to compress the mixture. (Pressing before baking helps the bars hold together after baking.) Remove top pan and foil.
3. Bake until just beginning to turn golden at the edges, 20 to 24 minutes (metal pan) or 30 to 35 minutes (glass pan). Cool in the pan on a wire rack for 10 minutes.
4. Lift the baked square out with the foil. Cut in half, then cut each half crosswise into 6 bars. Let cool completely before removing the foil.
Per bar: 167 calories; 9 g fat (2 g sat, 4 g mono); 0 mg cholesterol; 19 g carbohydrate, 6 g added sugars; 5 g protein; 2 g fiber; 28 mg sodium; 175 mg potassium.

Don't Forget to Hydrate!

Find out what to drink before, during and after exercise at eatingwell.com/go/exercise

Photography by Peter Ardito. Food stylist: Susan Vaysman. Prop stylist: Michelle Wong.

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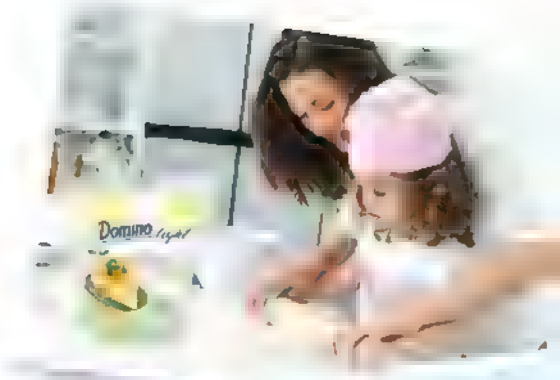

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Sip Your SPF

Protect your skin this summer with these 3 drinks

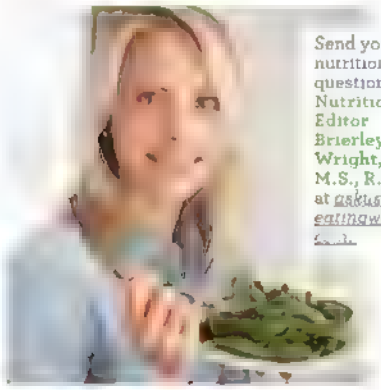
Sunscreen is the first line of defense against sun damage (experts say slather on an ounce—about a palmful—of SPF 30 or higher and re-apply every 2 hours). And now it has some help: the latest research suggests that these beverages may also deliver nutrients that protect your skin. *—Hillary Gilson*

1 Green Tea New research in the *Journal of Nutrition* gives us one more reason to sip this super drink. Women who drank 4 cups of green tea per day for 12 weeks lowered their risk of sunburn by 25 percent, plus their skin density and elasticity—qualities that make skin look younger—improved. According to the 2011 study, powerful antioxidants in green tea called catechins absorb UV light, protecting the skin.

2 Coffee That morning coffee can do more than boost your energy. A 2011 study out of Harvard Medical School found that people who drink coffee are less likely to develop basal cell carcinoma (the most common type of nonmelanoma skin cancer) than those who don't. Moreover, the risk was lowest for those who drank the most—3 cups a day lowered risk by 20 percent in women and 9 percent in men. Researcher Fenglu Song Ph.D., thinks the caffeine in coffee helps reduce potentially-cancerous UV-damaged cells by stimulating them to naturally die off.

3 Red Wine Although white wine might be your summer sip of choice, preliminary research out of the University of Barcelona points to a new reason to choose red. Researchers found that proanthocyanidins, antioxidants found in red grapes, may help prevent oxidative reactions in your skin. Oxidative reactions, often stemming from sun exposure, can damage and kill cells, which in turn may lead to sunburns, wrinkles and possibly skin cancer. Before you pour yourself another glass, though, remember that the recommended cap on alcoholic beverages is one a day for women, two for men.

90%
of skin aging is caused by the sun. Protecting yourself from UV radiation can help prevent premature skin aging



Send your nutrition questions to Nutrition Editor Brierley Wright, M.S., R.D., at askus@eatingwell.com.

Ask Brierley

Q Is juicing a healthy way to get fruits and vegetables?
—Josh E., Smithtown, NY

Drinking 100% fruit or vegetable juice can help boost your produce intake—a good thing when you consider that most Americans fall short in meeting the recommended intake (5½ cups daily for a 2,000-calorie diet). That said, we drink more than half of our fruit intake. And juice boasts less fiber and is more calorie-dense than whole produce: two medium oranges deliver about the same number of calories as a cup of orange juice, but boasts 12 times the fiber. Whole, unprocessed fruits and vegetables are also healthier because they generally have more phytochemicals (the compounds behind the disease-fighting benefits of produce). Plus, research suggests when you eat your calories versus drink them, you feel more satisfied and stay fuller longer.

If you're juicing to detox or slim down—trends that are now back in vogue—there's no science to support either. Your kidneys and liver naturally detoxify your blood. And if your juicy diet delivers fewer calories than you need, you'll lose weight, but you may not sustain it.

Bottom Line: Most of your servings should come from whole or cut-up fruits and vegetables. When choosing juice, look for one that's 100% juice—and is pasteurized. Making your own? Only prepare what you'll drink right away, as harmful bacteria can grow in juice quickly.

Photography by Peter Ardito (bottom), Ken Burris (top). Food stylist Susan Vajaranant. Prop stylist Michelle Wong.

Continue to next page

Beat Overeating Around the Clock

Research shows simple strategies may keep you from overindulging. *Tori Rodriguez*

10pm

Get enough rest. Aim for 7 to 9 hours of shut-eye each night—less than that might cause you to eat more. That's because insufficient sleep can lower levels of leptin—a hormone that tells us when we've eaten enough—and also increases ghrelin, a hormone that signals the body to eat, according to a 2011 study in *Proceedings of the National Academy of Sciences*.

8am

Fatten up your breakfast. Participants who were given a higher-fat (61%) breakfast ate less at their next meal than those who ate a caloically equal, but lower-fat, breakfast, in a study in the April 2011 issue of *Appetite*. Get some healthy fats at breakfast by spreading avocado or peanut butter on your toast.

1pm

Focus on your food. Make a point to take note of how your lunch looks, smells and tastes. Women who did this ate less of their afternoon snack (by about 130 calories) than those who ate lunch while reading the newspaper and even those who just ate without any distraction, according to an August 2011 study in *Appetite*. Researchers think that could be because the women paid more attention to what they were eating (both at lunch and at snack).

6pm

Savor an appetizer. When participants drank a savory beverage 30 minutes before a meal, they ate less of high-fat savory foods, like potato chips and ham sandwiches, during the meal than when they started with a sweet or bland drink, in a study in the January 2012 *Journal of Nutrition*. Study co-author Graham Finlayson, Ph.D., says sweet foods encourage eating, while savory foods may suppress hunger or enhance feelings of satiety. For proactive portion control, start your meal with a savory beverage or soup.

3pm

Pack a healthy snack. If you go too long between meals, you might be more prone to feast on high-calorie foods when you do eat, says a study in the October 2011 *Journal of Clinical Investigation*. In a small study, participants looked at pics of low-cal and high-cal foods (like ice cream sundaes) between 2 and 4 hours after eating lunch and had their brains scanned. Researchers found that participants were much more interested in the high-cal foods when their blood sugar levels were low versus normal. Satisfy afternoon hunger—and avoid those tempting but less-healthy options—by planning ahead.

More Tips for Healthy Eating
Find out 5 "bad" eating habits you should break at eatingwell.com/go/badhabits

Photography by Peter Ardito. Prop stylist: Michelle Wong

WAKE UP TO EGGS

Eggs have high-quality protein for incredible mental energy. And are a naturally good source of Vitamin D, too. *Microwave Egg, Ham 'n' Cheese Muffin

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healthy in a hurry

weeknights p 26
Make It Ahead, Take It to Go

fresh picks p 35
Easy String Bean Recipes

sweet treat p 38
A Quick, Cool Dessert

whole-grain thursday
Smoked Turkey & Farro Salad

5min 10min 15min 20min 25min 30min 35min 40min 45min

Broccoli & Tortellini Salad with Arugula Pesto

meatless monday

tuesday

wednesday

thursday

friday

Make It Ahead, Take It to Go

Picnics, picnics everywhere—it's time to take it outside!

Human beings have been packing picnics ever since Eve wrapped leftovers in a fresh fig leaf. Today we're more likely to head *into* the garden, but the basic components remain the same: a portable meal eaten somewhere the grass is greener—or the sand is sandier or the rocks are sun-warmed and inviting.

With a little planning, a picnic can be a mini summer vacation. None of these five recipes will keep you in the kitchen long—they're all quick and meant to be eaten cold. Grace the checkered tablecloth you spread out at your local summer concert series with Zesty Shrimp & Black Bean Salad. Pack our Greek Pasta Salad in your bike basket to turn a ride to the park into a picnic-table event. Paddle down the river in a kayak built for two with Grilled Tuna Sandwiches in your cooler and a song in your heart. You don't have to leave home, either—these easy recipes are just as delightful on a blanket in the backyard. Wherever you enjoy one, "picnic" is music for a summer night. **—Wendy Ruopp**

Broccoli & Tortellini Salad with Arugula Pesto

Makes: 6 servings, about 1⅓ cups each
Active time: 30 minutes **Total:** 30 minutes
To make ahead: Cover and refrigerate for up to 4 hours.
Cost per serving: under $3.50

A quick homemade arugula pesto dresses this simple combo of tortellini and broccoli. **Serve with:** Fresh sliced tomatoes drizzled with olive oil

- **1 medium clove garlic**
- **5 cups baby arugula**
- **½ cup shredded Pecorino *or* Parmesan cheese**
- **¼ cup extra-virgin olive oil**
- **¼ cup plus 2 tablespoons toasted pine nuts, divided**
- **2 teaspoons freshly grated lemon zest**
- **¼ teaspoon salt**
- **2 9- to 10-ounce packages fresh cheese tortellini, preferably whole-wheat**
- **5 cups small broccoli florets**

1. Put a large pot of water on to boil.
2. With the motor running, drop garlic through the feed tube of a food processor; process until minced. Turn it off and add arugula, cheese, oil, ¼ cup pine nuts, lemon zest and salt. Process, scraping down the sides as necessary, until the

Photography by Bryan McCay Food stylist Susan Vajananant Prop stylist Michelle Wong Previous page Stainless-steel ECOlunchbox, ecolunchbox.com.

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mixture is fairly smooth; leave the pesto in the blender while you cook the tortellini.
3. Cook tortellini in the boiling water until just tender, 6 to 8 minutes or according to package directions. Place broccoli in a colander and set it in the sink. Reserve ½ cup of the pasta-cooking liquid, then pour the tortellini and the rest of the cooking liquid over the broccoli in the colander. (Pouring the hot pasta and cooking liquid over the broccoli "flash-cooks" it, leaving it bright green and tender-crisp.)
4. Add the reserved ½ cup cooking liquid to the pesto in the blender; pulse to combine. Transfer the tortellini and broccoli to a large bowl. Toss with the pesto. Serve sprinkled with the remaining 2 tablespoons pine nuts.

Per serving: 445 calories; 23 g fat (5 g sat, 9 g mono); 35 mg cholesterol; 45 g carbohydrate; 0 g added sugars; 16 g protein; 5 g fiber; 605 mg sodium; 314 mg potassium. **Nutrition bonus:** Vitamin C (99% daily value), Vitamin A (45% dv), Folate (16% dv).

Greek Pasta Salad

hⁱf h♥h

Makes: 4 servings, about 2 cups each
Active time: 30 minutes **Total:** 30 minutes
To make ahead: Cover and refrigerate for up to 1 day
Cost per serving: under $3

This quick pasta is tossed with all the elements of a Greek salad—plus chickpeas for added protein. It holds well in the refrigerator or a cooler and tastes even better as the pasta absorbs the tomato-infused vinaigrette. **Serve with:** Pita chips.

- **2 medium tomatoes, coarsely chopped**
- **2 small cloves garlic, minced**
- **3 tablespoons extra-virgin olive oil**
- **2 tablespoons red-wine vinegar**
- **8 ounces whole-wheat farfalle *or* similar-size pasta**
- **1 15-ounce can chickpeas, rinsed**
- **1 medium cucumber, seeded and chopped into ½-inch pieces**
- **½ cup crumbled feta cheese**
- **½ cup quartered pitted Kalamata olives**
- **2 tablespoons chopped fresh oregano *or* 2 teaspoons dried**

1. Put a large pot of water on to boil.
2. Combine tomatoes, garlic, oil and vinegar in a large bowl; let stand while you cook the pasta.
3. Cook pasta in the boiling water until just tender, 8 to 10 minutes or according to package directions. Drain and rinse with cold water. Drain again.
4. Add the pasta to the tomato mixture along with chickpeas, cucumber, feta, olives and oregano; gently toss to combine.
Per serving: 480 calories; 19 g fat (5 g sat, 11 g mono); 17 mg cholesterol; 65 g carbohydrate; 0 g added sugars; 16 g protein; 9 g fiber; 535 mg sodium; 447 mg potassium. **Nutrition bonus:** Vitamin C (25% daily value), Magnesium (22% dv), Folate (21% dv), Zinc (20% dv), Iron (18% dv).

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omega-3 wednesday
Grilled Tuna Sandwich

make this for 2:

Halve all the ingredients, using ¼ teaspoon chili powder on the tuna and 1½ teaspoons in the lemon-chili mayo.

Grilled Tuna Sandwich with Lemon-Chili Mayo

Makes: 4 servings
Active time: 35 minutes **Total:** 35 minutes
To make ahead: Wrap and refrigerate the sandwiches for up to 4 hours.
Cost per serving: under $3.50

Sturdy "country-style" bread works best for this fresh tuna sandwich with watercress and chili-mayo. Eat the sandwich warm, straight off the grill, or wrap it up and pack it in a cooler for a picnic dinner.
Serve with: Grilled bell peppers drizzled with extra virgin olive oil and vinegar and a glass of Sauvignon Blanc.

- 8 slices whole-wheat or sourdough bread
- 3 tablespoons canola oil
- 2 8-ounce tuna fillets, about 1 inch thick
- ½ teaspoon plus 1 tablespoon chili powder, divided
- ¼ teaspoon salt
- ½ cup low-fat mayonnaise
- 1 teaspoon freshly grated lemon zest
- 1 tablespoon lemon juice
- 3 cups watercress or baby arugula, tough stems removed

1. Preheat grill to medium-high.
2. Lightly brush bread slices with oil. Brush tuna with the remaining oil and sprinkle with ½ teaspoon chili powder and salt.
3. Grill the tuna, turning once, until cooked through, 4 to 6 minutes per side. Transfer to a clean cutting board. Grill the bread, turning once, until beginning to brown, about 1 minute per side.
4. Combine mayonnaise, lemon zest, lemon juice and the remaining 1 tablespoon chili powder in a small bowl. Thinly slice the tuna with the grain.
5. To assemble the sandwiches, spread about 2 tablespoons of the lemon-chili mayonnaise over 4 slices of bread. Top with about ¾ cup watercress (or arugula), the tuna and the remaining slices of bread.

Per serving: 442 calories; 19 g fat (2 g sat,

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9 g mono); 52 mg cholesterol; 32 g carbohydrate; 4 g added sugars; 36 g protein; 5 g fiber; 753 mg sodium; 781 mg potassium. **Nutrition bonus:** Vitamin A (33% daily value), Magnesium (24% dv), Potassium (23% dv), Vitamin C (22% dv), Iron (16% dv).

[illegible] **half**

Makes: 5 servings, about 1½ cups each
Active time: 30 minutes **Total:** 30 minutes
To make ahead: Cover and refrigerate (without the avocado) for up to 1 day. Stir in avocado just before serving.
Cost per serving: under $3.50

This whole-grain salad studded with lean turkey, plenty of crunchy bell pepper, celery, smoked cheese and avocado is perfect for a hot summer night. Look for farro—a quick-cooking high-fiber whole grain—in the bulk section or near other grains in natural-foods stores. Or skip Step 1 and add cooked barley as a substitute for the farro in Step 2. (*Photograph: page 25.*) **Serve with:** Baby spinach salad with toasted almonds and creamy garlic dressing.

- **1 cup farro**
- **¼ cup extra-virgin olive oil**
- **3 tablespoons red-wine vinegar**
- **3 tablespoons finely chopped shallots**
- **¼ teaspoon freshly ground pepper**
- **1 6-ounce slice deli smoked turkey (¾ inch thick), skin removed, cut into ½-inch cubes**
- **½ cup diced smoked cheese, such as Cheddar *or* Gouda**
- **1 cup chopped yellow bell pepper**
- **1 large stalk celery, chopped**
- **1 ripe but firm avocado, diced**
- **¾ cup slivered soft sun-dried tomatoes**

1. Place farro in a medium saucepan, add enough water to cover by 2 inches and bring to a boil. Stir, reduce heat to a simmer and cook, uncovered, until the farro is the desired tenderness, 15 to 25 minutes. Drain and rinse with cold water. Drain again.

2. Meanwhile, whisk oil, vinegar, shallots and pepper in a large bowl. Add the farro, turkey, cheese, bell pepper, celery, avocado and sun-dried tomatoes; toss to coat. **Per serving:** 439 calories; 24 g fat (6 g sat, 14 g mono); 29 mg cholesterol; 43 g carbohydrate; 0 g added sugars; 17 g protein; 8 g fiber; 689 mg sodium; 866 mg potassium. **Nutrition bonus:** Vitamin C (109% daily value), Potassium (25% dv), Iron (16% dv), Calcium & Magnesium (15% dv).

Tips.

Look for canned **chipotle chiles** in adobo sauce—smoked jalapeños packed in a flavorful sauce—near other Mexican foods at large supermarkets. Once opened, they'll keep up to 2 weeks in the refrigerator or 6 months in the freezer. For **shrimp** that have been raised or caught with sound environmental practices, look for fresh or frozen shrimp certified by an independent agency, such as the Marine Stewardship Council. If you can't find certified shrimp, choose wild-caught shrimp from North America—it's more likely to be sustainably caught.

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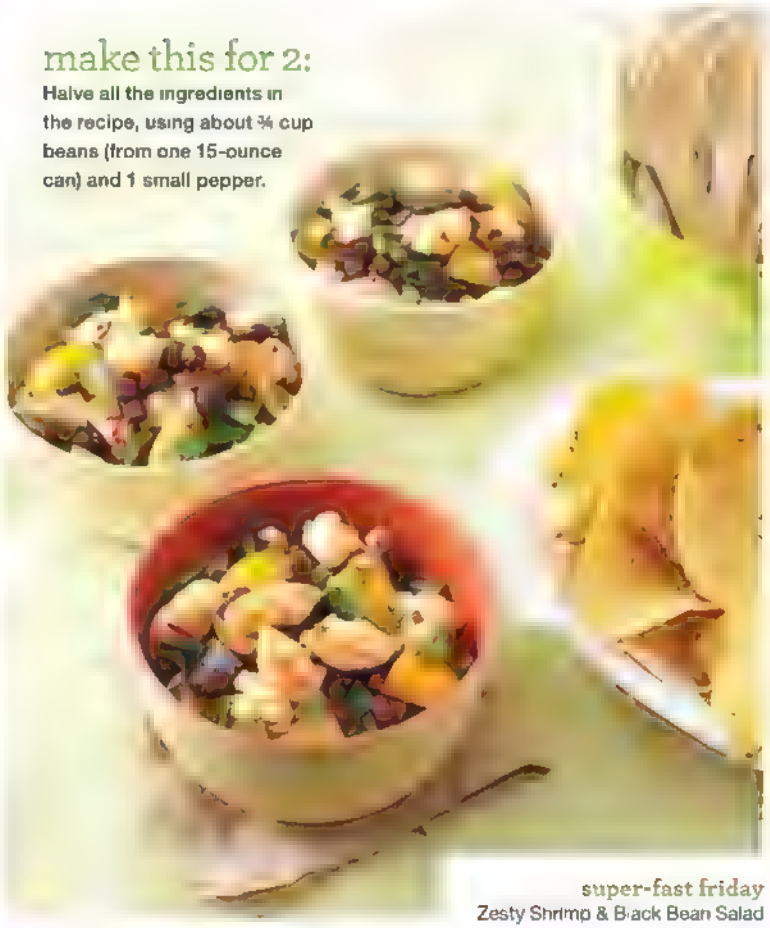
make this for 2:

Halve all the ingredients in the recipe, using about ¾ cup beans (from one 15-ounce can) and 1 small pepper.



super-fast friday
Zesty Shrimp & Black Bean Salad

Zesty Shrimp & Black Bean Salad

h*w h*t h♥h

Makes: 4 servings, about 1½ cups each
Active time: 20 minutes **Total:** 20 minutes
To make ahead: Cover and refrigerate for up to 1 day
Cost per serving: under $3.50

Loaded with tomatoes, peppers and cilantro and seasoned with cumin and chile, this black bean and shrimp salad has all the flavors of a great fresh salsa.
Serve with: Tortilla chips for dipping

- ¼ cup cider vinegar
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon minced chipotle chile in adobo (*see Tips, page 31*), or more to taste
- 1 teaspoon ground cumin
- ¼ teaspoon salt
- 1 pound peeled and deveined cooked shrimp (*see Tips, page 31*), cut into ½-inch pieces
- 1 15-ounce can black beans, rinsed
- 1 cup quartered cherry tomatoes
- 1 large poblano pepper *or* bell pepper, chopped
- ¼ cup chopped scallions
- ¼ cup chopped fresh cilantro

Whisk vinegar, oil, chipotle, cumin and salt in a large bowl. Add shrimp, beans, tomatoes, poblano (or bell pepper), scallions and cilantro; toss to coat. Serve room temperature or cold.
Per serving: 273 calories; 12 g fat (2 g sat, 8 g mono); 143 mg cholesterol; 19 g carbohydrate; 0 g added sugars; 21 g protein; 6 g fiber; 410 mg sodium; 533 mg potassium. **Nutrition bonus:** Vitamin C (55% daily value), Folate (20% dv), Potassium & Vitamin A (16% dv).

No-Cook Dinners

Beat the heat and give your stove a break this summer with our no-cook dinner recipes at eatingwell.com/go/nocook.

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ROSEMARY GRILLED CHICKEN SANDWICHES WITH CHEDDAR & BLACK FOREST HAM

Makes 4 servings

Ingredients

4 6-ounce boneless skinless chicken breast halves, lightly pounded

3 tablespoons olive oil

2 tablespoons fresh lemon juice

2 tablespoons finely chopped fresh rosemary

2 teaspoons minced garlic (2 medium cloves)

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

8 slices Cabot Seriously Sharp Cheddar

4 ounces sliced Black Forest or other flavorful ham

4 buns, split

Romaine leaves

1. Place chicken between 2 large sheets plastic wrap; pound with mallet or heavy pan to flatten to even 1/2-inch thickness.
2. In medium bowl, whisk together oil, lemon juice, rosemary, garlic, salt and pepper; add chicken, turning to coat. Cover and refrigerate for about 1 hour.
3. Prepare hot fire in charcoal grill or preheat gas grill to high. Remove chicken from marinade, shaking off excess. Grill until browned on outside and cooked thorough to center, 2 to 3 minutes per side. Toward end of cooking time, top each breast with slice of ham and cheese; cover with grill lid or foil until cheese is melted, about 2 minutes longer.
4. Serve on buns with bed of romaine leaves. Toast buns on grill if desired.

NUTRITION ANALYSIS: Calories 420; Total Fat 18g; Saturated Fat 8g; Cholesterol 110mg; Sodium 810mg; Carbohydrates 24g; Dietary Fiber 4g; Protein 41g; Calcium 220mg

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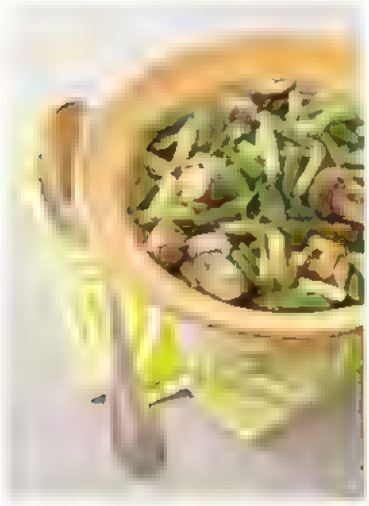
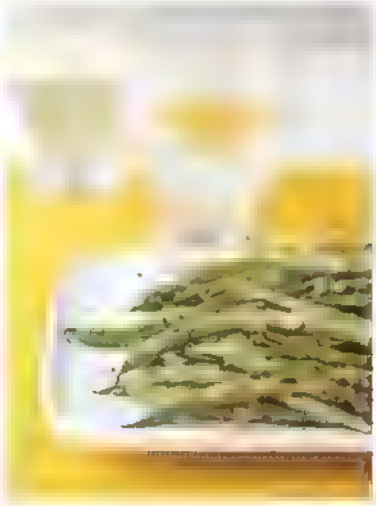
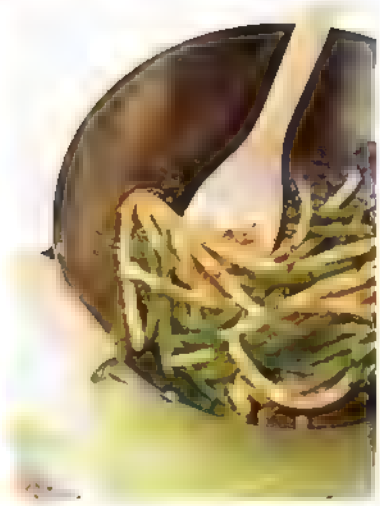
Great Flavor: No Strings Attached

Fresh string beans are as essential to summer spreads as [illegible] lemonade, potato salad and tantalizing smells from the grill. But that wasn't always the case.

In 1894, New York native Calvin Keeney created something that would alter the course of American agriculture: the stringless string bean. A snap of green beans, [illegible] seemingly a tiny change that [illegible] enjoy [illegible] this verdant veggie [illegible] able [illegible] waxy yellow or purple varieties, without [illegible] peeling a tough fiber "string" from each one. While [illegible] tender pods [illegible] savory [illegible] The popularity [illegible] tender pods [illegible] Americans [illegible] the way it [illegible] style of [illegible] innovation. The ease with which fresh beans transform into a delicious [illegible] pot [illegible] beans [illegible] night [illegible] a gri[illegible] [illegible] beans [illegible] instance, they sh[illegible] [illegible] [illegible] [







Mushroom & String Bean Salad

h*w h*t h♥h

Makes: 6 servings, about ¾ cup each
Active time: 25 minutes **Total:** 40 minutes
To make ahead: Cover and refrigerate for up to 8 hours.

This is a versatile warm-weather side dish that is great made a few hours ahead. Serve it room temperature or cold.

- **1 pound green *and/or* yellow wax beans, trimmed and cut into 1-inch pieces**
- **2 tablespoons extra-virgin olive oil, divided**
- **1 pound mushrooms, such as baby bella *or* button, sliced ½ inch thick**
- **2 cloves garlic, thinly sliced**
- **¼ teaspoon salt**
- **¼ teaspoon freshly ground pepper**
- **½ cup dry white wine**
- **¼ cup white-wine vinegar**
- **1 tablespoon chopped fresh dill *or* 1 teaspoon dried**

1. Bring a large saucepan of water to a boil. Add beans and cook, uncovered, just until tender-crisp, 3 to 4 minutes. Rinse under cold water; drain and pat dry.
2. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add mushrooms, garlic, salt and pepper and cook, stirring occasionally, until the mushrooms soften and start to release their liquid, 4 to 5 minutes. Add wine and vinegar; bring to a simmer and cook until the liquid is reduced slightly, 4 to 5 minutes. Transfer to a large bowl. Stir in the beans, the remaining 1 tablespoon oil and dill. Refrigerate until cooled, stirring once or twice, about 15 minutes.
Per serving: 103 calories; 5 g fat (1 g sat, 4 g mono); 0 mg cholesterol; 9 g carbohydrate; 0 g added sugars; 4 g protein; 3 g fiber; 103 mg sodium; 371 mg potassium. **Nutrition bonus:** Vitamin C (15% daily value).

Grilled Green Beans with Horseradish Ketchup

h*w h*t h♥h

Makes: 4 servings, about ¾ cup each
Active time: 20 minutes **Total:** 20 minutes
Equipment: Grill basket

Green beans on the grill? Absolutely! If you have a grill basket use it, otherwise improvise one with a piece of heavy-duty foil. Cook a steak or pork chops on the grill at the same time and dinner is done.

- **1 pound green *and/or* yellow wax beans, trimmed**
- **1 teaspoon extra-virgin olive oil**
- **⅛ teaspoon salt**
- **¼ teaspoon freshly ground pepper, divided**
- **1 tablespoon prepared horseradish**
- **1 tablespoon low-fat mayonnaise**
- **1 tablespoon ketchup**

1. Preheat grill to medium-high.
2. Toss beans with oil, salt and ⅛ teaspoon pepper in a bowl. Transfer to a grill basket (*see Tip, below*).
3. Grill the beans, stirring occasionally, until tender-crisp and brown in spots, 8 to 10 minutes. If they're browning too much before they are tender, reduce the heat or move the grill basket to a cooler spot.
4. Combine horseradish, mayonnaise, ketchup and the remaining ⅛ teaspoon pepper in a medium bowl. Add the beans and stir to combine.
Per serving: 66 calories; 2 g fat (0 g sat, 1 g mono); 1 mg cholesterol; 11 g carbohydrate; 1 g added sugars; 2 g protein; 4 g fiber; 158 mg sodium; 192 mg potassium. **Nutrition bonus:** Vitamin C (20% daily value), Vitamin A (17% dv).

Tip: If you don't have a grill basket, you can improvise one: fold a 24-inch piece of heavy-duty foil in half and crimp up the edges to create a lip for the "basket."

Steam and toss with garlic, soy sauce, lemon and lemon zest. Thinly slice raw; toss with almonds, cherry tomatoes, feta cheese, olive oil and vinegar. Sauté in olive oil with minced shallot and smoked paprika.

Photography by: Bryan McCay, Ken Burris (opposite, bottom). Food stylist: Susan Vajarahant. Prop stylist: Michelle Wong.

h*w h*f h♥h

Makes: 4 servings, about 1 cup each
Active time: 25 minutes **Total:** 25 minutes

Skip greasy takeout and try these easy stir-fried green beans. If you don't have a wok, they work just as well in a skillet. (*Photograph: opposite.*)

- ¾ **cup water**
- 2 **tablespoons reduced-sodium soy sauce**
- 1 **teaspoon cornstarch**
- 1-2 **teaspoons Asian hot sauce, such as Sriracha**
- 1 **tablespoon canola oil**
- 1 **pound green *and/or* yellow wax beans, trimmed**
- 4 **teaspoons minced fresh ginger**
- 3 **large cloves garlic, minced**
- 1 **tablespoon toasted sesame seeds**

1. Whisk water, soy sauce, cornstarch and hot sauce to taste in a small bowl.
2. Heat oil in a wok or large skillet over medium-high heat. Add beans, ginger and garlic; cook, stirring, until fragrant, about 1 minute. Add the sauce mixture; cook, stirring frequently, until the beans are tender-crisp and coated with sauce, 4 to 6 minutes. Sprinkle with sesame seeds.

Per serving: 97 calories; 5 g fat (0 g sat, 3 g mono); 0 mg cholesterol; 12 g carbohydrate; 0 g added sugars; 3 g protein; 4 g fiber; 285 mg sodium; 208 mg potassium.

Nutrition bonus: Vitamin C (20% daily value), Vitamin A (16% dv).

h*w h*f h♥h

Makes: 6 servings, about ¾ cup each
Active time: 25 minutes **Total:** 25 minutes

Cooking string beans and summer squash in a little seasoned broth adds flavor with minimal effort. Try any fresh herb you have on hand and swap yellow summer squash for zucchini if you prefer.

- 1 **tablespoon extra-virgin olive oil**
- 1 **pound green *and/or* yellow wax beans, trimmed and halved**
- 1 **large summer squash, halved lengthwise, then cut crosewise into ½-inch slices**
- 2 **medium cloves garlic, minced**
- ¼ **teaspoon salt**
- ¼ **teaspoon freshly ground pepper**
- ⅛ **cup reduced-sodium chicken broth *or* vegetable broth**
- 1 **teaspoon dried marjoram *or* 2 teaspoons fresh chopped**

1. Heat oil in a large skillet over medium-high heat. Add beans, squash, garlic, salt and pepper and cook, stirring occasionally, until the vegetables are beginning to brown, about 3 minutes.
2. Add broth, cover and reduce the heat to medium. Cook until the beans are tender-crisp, 4 to 5 minutes. Remove from the heat and stir in marjoram.

Per serving: 59 calories; 3 g fat (0 g sat, 2 g mono); 0 mg cholesterol; 8 g carbohydrate; 0 g added sugars; 2 g protein; 3 g fiber; 145 mg sodium; 275 mg potassium.
Nutrition bonus: Vitamin C (29% daily value).

Shopping Tip: Look for brightly colored, firm beans that snap easily. Refrigerate in a plastic bag. To prep, simply cut off the stem ends.

White Gazpacho

2 cups diced stale white bread, crusts removed
1½ cups vegetable stock
1 cup cucumber, peeled and chopped
cup seedless green grapes, washed
4 cup *Once Again Organic Almond Butter*
¼ cup blanched slivered almonds
3 tbsp extra virgin olive oil
2 tbsp sherry vinegar
1 clove garlic, chopped
½ tsp kosher salt

Place all ingredients together in a blender. Purée until smooth. Pass the gazpacho through a fine strainer to remove the pulp. Press the pulp through the strainer using the bottom of a ladle to extract the most flavor from the almonds. Chill well before serving. To serve, ladle into a shallow bowl and garnish with a few grape slices and slivered almonds. Enjoy.

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A Quick, Cool Dessert

Prepped in 15 minutes, this luscious pie packs a secret power ingredient

Tofu is the stealth ingredient that makes this pie rich and creamy. And emerging research suggests that the isoflavones in tofu—and in other soyfoods—could help postmenopausal women look younger by decreasing wrinkles and increasing skin-firming collagen.

Chocolate Raspberry Tofu Pie

Start

Makes: 10 servings
Active time: 15 minutes **Total:** 2¼ hours (including 2 hours chilling time) **To make ahead:** Loosely cover with plastic wrap and refrigerate for up to 3 days.

- **1½ cups semisweet chocolate chips (about 10 ounces)**
- **1 12.3-ounce shelf-stable package firm silken tofu**
- **1 tablespoon pure maple syrup**
- **1 teaspoon vanilla extract**
- **1 cup raspberries, fresh or frozen (thawed), plus more for garnish**
- **¼ cup confectioners' sugar**
- **1 9-inch graham cracker pie crust**

1. Put chocolate chips in a medium microwavable bowl. Microwave on Medium for 1 minute. Stir, then continue microwaving on Medium, stirring every 20 seconds, until melted.
2. Place tofu in a food processor or blender and process until smooth. Add the melted chocolate, maple syrup and vanilla. Process again until smooth. Add raspberries and confectioners' sugar and process until very smooth, scraping down the sides as necessary. Spread the mixture into the crust. Refrigerate until firm, at least 2 hours. Garnish with raspberries, if desired.
Per serving: 310 calories; 15 g fat (6 g sat, 6 g mono), 0 mg cholesterol; 43 g carbohydrate; 31 g added sugars; 5 g protein; 3 g fiber; 153 mg sodium; 210 mg potassium

Photography by Ken Burris. Food stylist: Patsy Jamieson.

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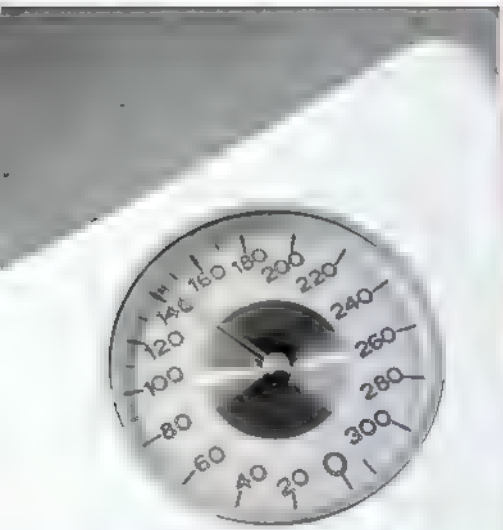
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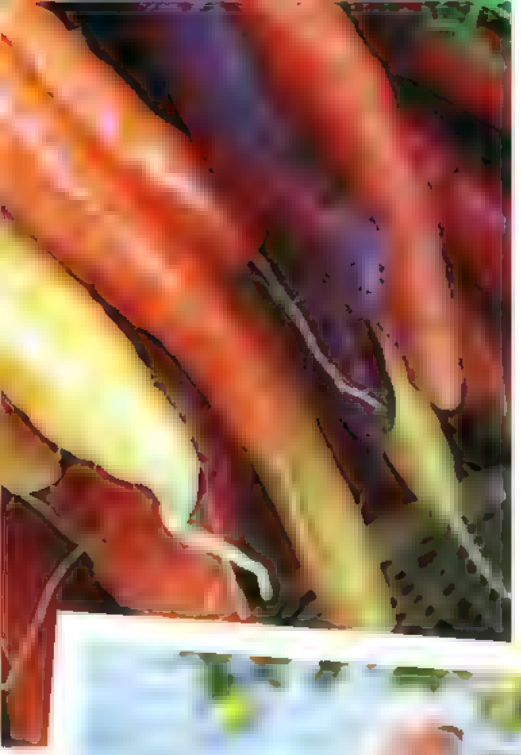
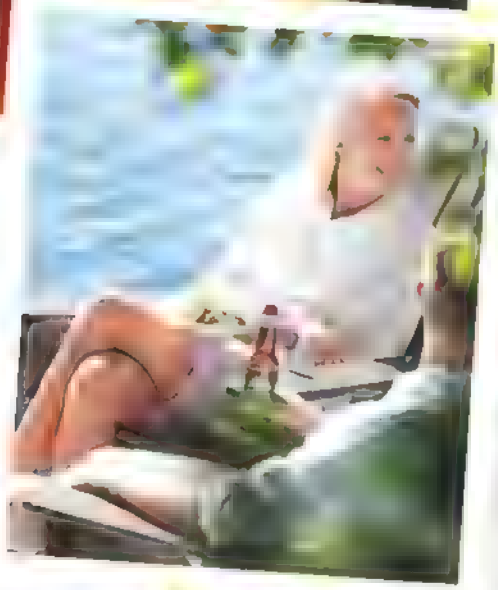
Nutrition science has evolved by leaps in the past decade. Here's what we know now—and didn't then.

BY KAREN ANSEL, M.S., R.D.





What We've Learned

OUR 10 ESSENTIAL NUTRITION LESSONS

The first widely read nutrition study was published in 1872 in the *British Medical Journal*. Back then, researchers produced nutrition studies slowly, publishing fewer than five (and sometimes just one) a year. Today it's a completely different story. In 2011, more than 16,000 nutrition studies were released in peer-reviewed scientific journals. It's no wonder our understanding of nutrition is always expanding and shifting. In the last 10 years, we've seen new perspectives emerge regarding everything from fat to food sensitivities. That's why as *EatingWell* celebrates its 10th anniversary, we're taking a moment to look back at the top 10 revelations of the past decade

1. Our genes and diet are related

The completion of the Human Genome Project in 2003 provided a blueprint of our DNA and helped give rise to nutrigenomics, the science of how the nutrients we consume impact our genes. "We now know that certain cancers, cardiovascular disease and other chronic diseases that accompany aging can be prevented or delayed by matching our diets to our individual genomes," says Patrick J. Stover, Ph.D., professor and director of the Division of Nutritional Sciences at Cornell. For instance, roughly 58 percent of people with high blood pressure are genetically salt-sensitive, so simply limiting the amount of salt they eat can lower their blood pressure. But before you go running to your doctor or dietitian for a genetically prescribed diet, know that "there are still many challenges in classifying people by their genotype and designing a food system that can provide an individualized prescriptive diet," says Stover.

2. Not all fat is bad fat

At the end of the 20th century, "low fat" seemed to be the ubiquitous mantra of health professionals, government organizations and countless food products, but today, research suggests that trimming fat to less than 25 percent of our calories isn't a great idea. "Cutting too much fat out of your diet can raise triglycerides and decrease healthy HDL cholesterol, which are both risk factors for heart disease," says Penny Kris-Etherton, Ph.D., R.D., F.A.H.A., a distinguished professor of nutrition at Pennsylvania State University. "When we replace fat with carbohydrates—refined carbohydrates in particular—our liver steps up its production of triglycerides."

Low-fat diets get a failing grade for weight loss too. "For many people, low fat really translates to high carb, which prompts a big glucose (and insulin) spike, causing blood sugar to then drop quickly, ultimately resulting in hunger," says Kris-Etherton. "Instead, aim for about 30 percent of fat from calories."

The type of fat matters too. For optimal health, experts now recommend choosing mostly unsaturated fats (think: liquid vegetable oils, nuts, avocados) and limiting saturated fat because of its negative impact on cholesterol and heart health.

We're also learning that the villainization of saturated fats might not be so black and white. What we call saturated fat is actually a mosaic of building blocks called saturated fatty acids, such as lauric, myristic, stearic and palmitic acids. Emerging research suggests that some of these may not be harmful. That's good news if you like dark chocolate, a food plentiful in stearic acid, which has little impact on cholesterol. Then there's lauric acid, the main fatty acid in coconut oil, which research suggests boosts beneficial HDL cholesterol (although it also raises unhealthful LDL). "Coconut oil is *slightly* less evil than other saturated-fat-rich foods like palm oil and shortening because of its impact on HDL," says Kris-Etherton. "But it still isn't *good* for you." Until more is known, stick with foods rich in heart-smart unsaturated fats, olive and canola oils, rather than scrutinizing the individual fatty acids in food.

3. A calorie isn't just a calorie

You've heard it a million times: to stay weight-stable, calories in must equal calories out. Now we're learning that may not always be the case. In a 2010 *Food & Nutrition Research* study, researchers asked volunteers to eat either a sandwich made from multigrain bread and Cheddar cheese or a white bread and processed cheese sandwich. When the researchers measured how much energy it took to digest and absorb each of the sandwiches, they found the volunteers used nearly twice as many calories to break down the multigrain sandwich. The reason: our bodies handle processed and unprocessed carbohydrates differently. "When you use a machine to strip away the bran, husk and fiber from carbohydrates, that machine is essentially expending energy that your body would normally use to break down those food components," says study co-author Jonathan Wright, Ph.D., a professor of biology at Pomona College.

10 Years of EatingWell

Summer 2002

"All foods are part of a healthful diet. The key is balance, variety and moderation. On the surface, that's true, but it's a cop-out. It's used to protect industry.... You *should* eat less of certain foods."
—*Marion Nestle, Ph.D., M.P.H., EatingWell advisor*

Nov./Dec. 2008

"Calculating calorie needs should be incorporated into the math education for kids in elementary school."
—*Alice Lichtenstein, D.Sc., EatingWell advisor*

Sept./Oct. 2009

"If insurers were not able to pick and choose their clients and were responsible for everybody's health, they'd have a strong interest in preventing every new case of type 2 diabetes."
—*Michael Pollan, author*

4. Food sensitivities aren't all in our head

Twenty years ago, if you told your doctor that eating foods like bread made you feel sick, he or she would likely have told you it was all in your head. Today we know roughly 1 percent of us suffer from celiac disease, an autoimmune reaction triggered by gluten in grains like wheat, barley and rye. And experts estimate that approximately 20 million Americans (6 percent) suffer from gluten sensitivity.

"We're in the same place now with gluten sensitivity that we were with celiac disease 20 years ago," says Alessio Fasano, M.D., director of the Center for Celiac Research at the University of Maryland School of Medicine. "Many of the symptoms of gluten sensitivity, such as abdominal bloating, difficulty concentrating and fatigue, are present in celiac disease. But by listening to patients, we've learned that many people who test negative for celiac disease still see their symptoms improve on a gluten-free diet. This led us to believe there was another condition, which we now call gluten sensitivity."

5. We need more vitamin D than we thought

Thanks to our obsession with sunscreen, a short list of vitamin D-rich foods and hours spent indoors, three out of four Americans don't get enough vitamin D. While we once thought vitamin D deficiency was only a problem for people living in northern latitudes, a 2010 *Pediatrics* study found that 56 percent of teens living in the sunny South were vitamin D-insufficient, meaning they didn't soak up enough rays to produce the amount of D required for optimal health.

No wonder the Institute of Medicine (IOM) recently tripled its recommendation for the "sunshine vitamin" to 600 IU daily (800 if you're over 71). The new quota is critical for strong bones, but many experts say you may need even more to lower risk of heart disease, type 2 diabetes, multiple sclerosis and many kinds of cancer (the upper limit is 4,000 IU). Moreover, it's nearly impossible to get enough D from foods, especially when "vitamin D-fortified foods, such as milk and some orange juices, usually only have about 100 IU per serving," says Michael F. Holick, Ph.D., M.D., director of the vitamin D, skin and bone laboratory at Boston University School of Medicine. The amount of vitamin D you make from

Photography by: Ken Burris. Previous spread: Jeb Wallace-Brodeur (carrots); Muhlt1/iStock (wheat); ...Vovi/Stock (coconut).

sun exposure depends on several factors, such as the color of your skin, where you live and even how old you are. Because of that Holick recommends a three-pronged approach for everyone: eat D-rich foods (namely wild-caught salmon, which delivers more D than farmed salmon, UV-exposed mushrooms and fortified dairy and orange juice), get 10 to 15 minutes of sun on your arms and legs (and abdomen and back when possible) *sans* sunscreen three times a week during spring, summer and fall (when you can get enough UV rays to produce sufficient vitamin D) and take a supplement of 1,500 to 2,000 IU of vitamin D3 each day.

6. There's one more reason to avoid BPA

The synthetic chemical bisphenol-A (BPA) has been used in the linings of metal food cans and in hard-plastic containers and bottles since the 1960s. It's also found in everything from food-storage containers to recycled paper, the receipt the cashier hands you at the cash register—even dental fillings and sealants. And BPA will persist in our food supply: in March, the FDA rejected a petition from environmentalists to ban the chemical from food and drink packaging.

Science has linked BPA to early puberty, reproductive irregularities and cardiovascular and neurological damage. Now, a growing body of research suggests it may be making you heavier. In the late 1990s, studies revealed that BPA leads to developmental changes in the fat cells of unborn animals that cause those cells to multiply and soak up excess fat. Now experts say it's a problem for humans, too—a serious concern, since nearly 93 percent of us harbor BPA in our bodies. A 2008 *Journal of the American Medical Association* study found that people who were obese had 30 to 77 percent more BPA in their urine than normal weight adults. Experts suspect that BPA promotes weight gain by stimulating the pancreas to rev up its production of insulin, leading to increased blood sugar levels and decreased insulin sensitivity.

"BPA doesn't just damage the development of one system: the more of it that's in your body the more prone you are to obesity, diabetes and heart disease," says Frederick Vom Saal, Ph.D., a professor of biological sciences at the University of Missouri.

The good news is we don't store BPA in our bodies for long. Avoiding contact with it for just one week will flush it from your blood (it may still be stored in fat, and during pregnancy in the placenta or fetal tissue). While you may not be able to eliminate it entirely, try to buy fresh or frozen foods or foods in cans labeled BPA-free, store food in glass containers or plastic ones labeled BPA-free, and wash your hands after touching cash-register receipts and recycled paper.

FROM 2000 TO 2009, AMERICANS' PRODUCE CONSUMPTION DECLINED, ACCORDING TO THE CDC. A MERE 14% OF US EAT AT LEAST 5 SERVINGS A DAY.

7. How we get our nutrients matters

Even though more than half of all U.S. adults pop at least one dietary supplement a day, recent research reveals pills can't match the disease-preventing power of food. "In their natural form, nutrients in food—like vitamins, minerals and phytochemicals—are present in specific, balanced concentrations and work together in a highly synergistic way," says Manuel Villacorta, M.S., R.D., author of *Eating Free* (HCI Books, 2012). Consider avocados: they're rich in heart-healthy fats as well as vitamin E, a nutrient that requires fat for absorption. While you could get vitamin E from a pill, you can't absorb it without the fat that nature conveniently packaged in the avocado.

What's more, some supplements taken in excess can be harmful. In the mid-1990s, a small body of research suggested that people whose diets were rich in vitamin E were less likely to develop heart disease. But a 2005 *Journal of the American Medical Association* study found that people who had vascular disease or diabetes and took 400 IU of supplemental vitamin E daily were 21 percent *more likely* to be hospitalized for heart failure. Similarly, studies show that smokers who take supplemental beta carotene are more likely to develop and die from lung cancer even though people who eat lots of beta-carotene-containing foods (carrots, watermelon) have a lower risk of cancer. The evidence is so strong that the IOM advises against beta-carotene supplements.

8. Dietary cholesterol isn't so evil

Years ago, if you had a cholesterol problem you were under strict orders to avoid cholesterol-rich foods like eggs and shrimp. Today, we know these foods are fine to eat in moderation. The truth is our bodies need some cholesterol to make hormones, vitamin D, bile acids (compounds that help us digest fat) and the

DESPITE GROWING RESEARCH THAT SHOWS THE BENEFITS OF 2 SERVINGS A WEEK, OUR SEAFOOD CONSUMPTION IS FLAT, AT ABOUT 1 SERVING A WEEK.

membranes that line our cells.

While some of the cholesterol in your bloodstream comes from the food you eat, your liver manufactures anywhere from *two-and-a-half* to *five times* that amount every day. When your liver senses incoming cholesterol from food, it simply produces less. What really trips it up is saturated fat from foods like cheese, butter and fatty cuts of red meat. When bombarded with too much saturated fat, our bodies respond by clearing less "bad" LDL cholesterol from our bloodstreams (the same thing happens if you're genetically predisposed to high cholesterol). That means limiting saturated fat is far more important than axing all cholesterol from your diet. Keep your numbers in check by eating 7 percent or less of your calories from saturated fat (that's 16 grams for a 2,000-calorie diet). And the American Heart Association (AHA) recommends limiting cholesterol from foods to 300 milligrams a day (that's one and a half large eggs or, if you can believe it, 34 medium shrimp). If you have—or are at risk for—heart disease, cap cholesterol at 200 milligrams.

9. We're eating too much sugar

In the past 40 years, the amount of added sugars in our diets has skyrocketed. Today, the average American eats about 420 calories (28 teaspoons) a day—essentially a meal—from added sugars. That's a 12 percent increase from 25 teaspoons in 1970. All that sugar spells bad news for our waistlines. Although experts aren't sure of the exact mechanism, sugar has also been linked to an increased risk of diabetes, high blood pressure, metabolic syndrome and heart disease. No wonder leading health organizations, such as the AHA, World Health Organization and USDA, have recently started urging us to slash the added sugar in our diets.

But if you think switching from white table sugar to a more natural sweetener, such as agave or honey, would be better for you, think again. Whether added sugars come in the form of white sugar, honey or high-fructose corn syrup, to our bodies they're exactly the same, supplying empty calories that provide little or no nutrition.

The big picture isn't the type of sugar we're eating, it's where we're getting it. "About 75 percent of all consumer packaged foods and beverages contain added sugars," says Barry Popkin, Ph.D., a distinguished professor of nutrition at the University of North Carolina. "But the major shift is the increase in sugar in beverages rather than foods." Over 35 percent of the added sugar in our diets comes from soda, sweetened drinks and sports drinks. The easiest way to trim your added-sugars intake is to banish all sweetened drinks.

10. Our bodies don't want us to lose weight for good

If you've ever lost weight only to gain it back again, you'll be glad to know it might not necessarily be your willpower that's the problem. "Your body is constantly striving for equilibrium," says Villacorta. "When you do anything to disrupt that equilibrium, your body tries to tell you to eat more by altering production of hormones that control hunger."

Losing weight wreaks havoc on your hunger hormones in two ways: it triggers a decrease in hormones that suppress appetite, such as leptin and cholecystokinin, and boosts production of hormones that tell you to eat, namely ghrelin and neuropeptide Y. A 2011 *New England Journal of Medicine* study of 50 dieters found that, even a full year after losing weight, the volunteers' hunger hormones failed to return to pre-weight-loss levels.

The good news is you can eat to outsmart those hormones. "Skipping or delaying meals causes ghrelin, and your appetite, to increase," says Villacorta. "Eating every three to four hours will help control your appetite." At least that's news we like to hear.

Karen Ansel, M.S., R.D., is a spokesperson for the Academy of Nutrition and Dietetics and a regular contributor to EatingWell. *Her third book,* The Calendar Diet *(Wagging Tail Press), came out in March.*

10 Years of EatingWell

Nov./Dec. 2009

"What's been the most revolutionary trend in the past 25 years? There's no question—the microwave oven. It was in 10 percent of houses in 1979 and in 90 percent of homes today."
—Harry Balzer, chief analyst, NPD Group

May/June 2010

"When the brain becomes deficient in nutrients, the first things to go are mood, the expression of emotion and concentration."
—Captain Joe Hibbeln, M.D.

May/June 2011

"According to the Grocery Manufacturers Association, as of 2005 more than three-quarters of processed foods in the U.S. contained genetically modified foods. So the chances are good that you've already been eating them, without knowing it."
—John McQuaid, journalist

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10 TASTIEST RECIPES OF THE LAST TEN YEARS

It's time to celebrate! To mark *EatingWell*'s 10th anniversary we put together a feast of our 10 favorite recipes—think of it as a menu for the ultimate potluck. To compile the 10 finalists, plus 90 runners-up, we scoured the archives, debated at length, tallied your votes and read your feedback. The recipes span 10 different categories, from salads to seafood, slow cookers and, naturally, dessert, as in that knockout pineapple and coconut cake to the right. They come from food writers, famous chefs and the pros in the *EatingWell* Test Kitchen. And of course each one meets our high nutrition standards. So serve them up and enjoy.

PHOTOGRAPHY BY **ANDREW SCRIVANI**

★★★★★★★★★★ 10 YEARS

With layers of coconut cake, pineapple curd and coconut frosting, this cake will steal the show at any party.

Want yo
dessert
Fast-flip
to p. 58
for the
recipe!

Scan this code with your phone to get a free mini cookbook of the 10 best recipes plus links to the 90 runners-up. Or visit *eatingwell.com/go/bestrecipes*

BEST APPETIZER

Roasted Eggplant & Feta Dip

Recipe by Diane Kochilas

October 2008

Makes: 12 servings, about ¼ cup each **Active time:** 40 minutes **Total:** 40 minutes **To make ahead:** Cover and refrigerate for up to 2 days.

This classic Greek appetizer always reminds Kochilas of the first time she ever tried it on Tinos, one of the Cyclades islands. She says, "It's one of those umami Greek dishes, the kind of food you can't stop eating and that makes you feel great! It's a great example of craveable, healthy, but indulgent, Greek vegetarian food." Serve with toasted pita crisps or as a sandwich spread

- **1 medium eggplant (about 1 pound)**
- **2 tablespoons lemon juice**
- **¼ cup extra-virgin olive oil**
- **½ cup crumbled feta cheese, preferably Greek**
- **½ cup finely chopped red onion**
- **1 small red bell pepper, finely chopped**
- **1 small chile pepper, such as jalapeño, seeded and minced (optional)**
- **2 tablespoons chopped fresh basil**
- **1 tablespoon finely chopped flat-leaf parsley**
- **¼ teaspoon cayenne pepper, or to taste**
- **¼ teaspoon salt**
- **Pinch of sugar (optional)**

1. Position oven rack about 6 inches from the heat source; preheat broiler **2.** Line a baking pan with foil. Place eggplant in the pan and poke a few holes all over it to vent steam. Broil the eggplant, turning with tongs every 5 minutes, until the skin is charred and a knife inserted into the dense flesh near the stem goes in easily, 14 to 18 minutes. Transfer to a cutting board until cool enough to handle. **3.** Put lemon juice in a medium bowl. Cut the eggplant in half lengthwise and scrape the flesh into the bowl, tossing with the juice to help prevent discoloring. Add oil and stir with a fork until it is absorbed. (The eggplant should be a little chunky.) Stir in feta, onion, bell pepper, chile pepper (if using), basil, parsley, cayenne and salt. Taste and add sugar if desired.

Per serving: 75 calories; 6 g fat (2 g sat, 4 g mono); 6 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 2 g protein; 2 g fiber; 129 mg sodium; 121 mg potassium. **Nutrition bonus:** Vitamin C (18% daily value).

BEST APPETIZER/DRINK

9 RUNNERS-UP

- Chile Con Queso
- Cucumber-Lemonade Chiller
- Grilled Mussels with Salsa Verde
- Hibiscus Pomegranate Iced Tea
- Mini Brie & Apple Quiches
- Roasted Beet Crostini
- Scallop & Shrimp Dumplings
- Serrano Ham with Crusty Tomato Bread
- Watermelon Agua Fresca

recipes at eatingwell.com

WINNER **BEST APPETIZER**

Cookbook author **Diane Kochilas** is an authority on Greek cuisine, one of the world's healthiest, so it's no wonder that her mouthwatering recipes have appeared in *EatingWell*. In the September/October 2008 issue she wrote about the island of Ikaria, where her parents grew up and where she teaches summer cooking classes.

BEST SALAD

Melon, Tomato & Onion Salad with Goat Cheese

Recipe by Marie Simmons

August 2009

Makes: 8 servings **Active time:** 30 minutes **Total:** 30 minutes

This beautiful riff on the traditional tomato, mozzarella and basil salad is one that chef Marie Simmons enjoys making. "The melon, tomato and onion look stunning arranged on a platter," she says. "I love to serve it to guests." If *you* plan to serve it to a crowd, compose the salad on a large platter. Or make it more elegant by assembling it on individual plates. Either way it'll look gorgeous. *(Photograph: page 50.)*

- **1 cup thinly sliced sweet onion**
- **1 small firm ripe melon**
- **2 large tomatoes, thinly sliced**
- **1 small cucumber, thinly sliced**
- **½ teaspoon kosher salt**
- **¼ teaspoon freshly ground pepper**
- **1 cup crumbled goat cheese**
- **¼ cup extra-virgin olive oil**
- **4 teaspoons balsamic vinegar**
- **Fresh basil for garnish**

1. Separate onion into rings and place in a medium bowl, add cold water to cover and a handful of ice cubes. Set aside for about 20 minutes. Drain and pat dry. **2.** Meanwhile, halve melon lengthwise, scoop out seeds. Remove rind with a knife. Place each melon half cut-side down and slice crosswise into thin slices. **3.** Make the salad on a large platter or 8 individual salad plates. Begin by arranging a ring of melon slices around the edge. Top with a layer of overlapping tomato slices. Arrange a second ring of melon slices toward the center. Top with the remaining tomato slices. Tuck cucumber slices between the layers of tomato and melon. Sprinkle with salt and pepper. Top with goat cheese and the onion rings. Drizzle with oil and vinegar. Garnish with basil.

Per serving: 194 calories; 12 g fat (4 g sat, 6 g mono); 11 mg cholesterol; 20 g

Food stylist: Helen Bolton. Prop stylist: Soo Jeong Kang (Kochilas: Vassilis Stencos.)

carbohydrate; 0 g added sugars; 5 g protein; 2 g fiber; 175 mg sodium; 571 mg potassium. **Nutrition bonus:** Vitamin C (62% daily value), Potassium (17% dv), Vitamin A (16% dv).

BEST SALAD
9 RUNNERS-UP

Bean & Tomato Salad with Honey Vinaigrette

Bold Winter Greens Salad

EatingWell Power Salad

Fattoush

Grilled Halibut Salad Niçoise

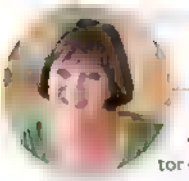
Spring Chicken & Blue Cheese Salad

Thai Beef Salad

"Use a Spoon" Chopped Salad

Watercress & Sugar Snap Salad with Warm Sesame Shallot Vinaigrette

recipes at eatingwell.com



WINNER **BEST SALAD**

Marie Simmons, cookbook author and former food editor of *Cuisine* magazine, was at her farmers' market chatting with a farmer about how to pick the best melons when she came up with the idea for this salad.

BEST SEAFOOD

Indian Spiced Shrimp

D h*w h*h

Recipe by Raghavan Iyer

Winter 2004

Makes: 4 servings, ¾ cup each **Active time:** 15 minutes (if using peeled shrimp) **Total:** 45 minutes (including 30 minutes marinating time) **Cost per serving:** under $3.50

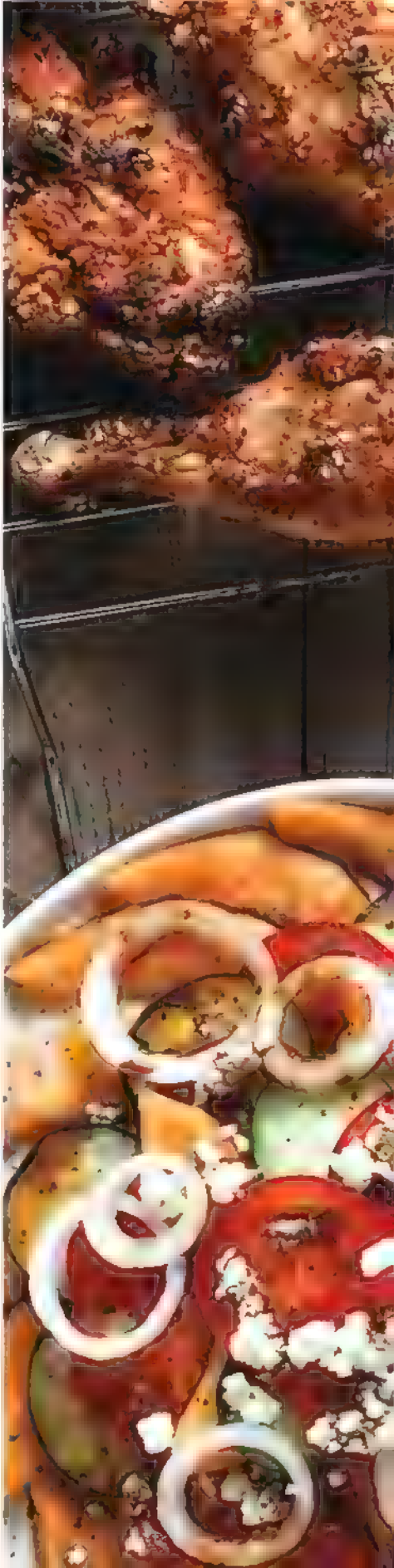
The magic in this dish happens in the spice grinder, where all the layers of flavor are brought together before cooking even begins. As such, it works as a wonderful primer in South Indian cuisine. That's a sentiment chef Iyer can get behind: "South Indian cooks are masters at creating complex blends with simple ingredients. This recipe highlights those very crucial techniques of roasting and grinding to yield a layered diversity in each mouthful." Serve with brown basmati rice.

- **1 tablespoon yellow split peas**
- **1 tablespoon coriander seeds**
- **1 teaspoon cumin seeds**
- **¼ teaspoon black peppercorns**
- **1 dried red chile, such as Thai, cayenne *or* chile de arbol**
- **2 tablespoons finely chopped fresh cilantro**
- **1 teaspoon tamarind concentrate (*see Tip, page 52*) *or* 2 tablespoons lime juice**
- **½ teaspoon salt**
- **1 pound raw shrimp (16-20 per pound), peeled and deveined**
- **1 tablespoon canola oil**
- **1 teaspoon black *or* yellow mustard seeds**
- **¼ cup minced shallots**
- **½ cup water**

1. Toast split peas, coriander, cumin, peppercorns and chile in a large skillet over medium heat, shaking the pan occasionally, until the peas turn reddish brown, the spices become fragrant and the chile blackens slightly, 2 to 3 minutes. Transfer to a plate to cool for 3 to 5 minutes. Grind in a spice grinder or mortar and pestle until the mixture is the texture of finely ground black pepper.

2. Combine cilantro, tamarind concentrate (or lime juice), salt and the spice blend in a medium bowl. Add shrimp and turn to coat. Cover and refrigerate for 30 minutes. (Do not marinate for more than 2 hours or the acidity in the tamarind (or lime) will affect the shrimp's texture.)

3. Heat oil in the pan over medium-high heat, add mustard seeds. When the seeds begin to pop, cover the skillet. As soon as the popping stops, add shallots and the shrimp in a single layer and cook until the undersides of the shrimp turn salmon-



Clockwise from bottom left:
Melon, Tomato & Onion
Salad with Goat Cheese
Picnic Oven-Fried Chicken
Indian Spiced Shrimp
Bev's Chocolate Chip

pink, 1 to 2 minutes. Turn the shrimp and cook until the other side is pink, 1 to 2 minutes. Add water and continue cooking for 1 minute. Serve immediately.
Per serving: 139 calories; 5 g fat (0 g sat, 3 g mono); 143 mg cholesterol, 7 g carbohydrate, 0 g added sugars; 17 g protein; 2 g fiber; 464 mg sodium, 201 mg potassium.

Tip: Tart tamarind fruit (or a concentrate of its pulp) is common in southern Indian cooking. Find it in Indian grocery stores and other ethnic markets. Keep it covered in the refrigerator for up to 1 year. Lime juice is an acceptable substitute.

BEST SEAFOOD
9 RUNNERS-UP

Curried Fish

Ginger-Steamed Fish with Troy's Hana-Style Sauce

Grilled Shrimp Skewers over White Bean Salad

Grilled Whole Trout with Lemon-Tarragon Bean Salad

Korean Grilled Mackerel

Oven-Fried Fish & Chips

Salmon & Escarole with Lemon Tarragon Butter

Salmon Burgers with Green Goddess Sauce

Sugar Snap Pea & Shrimp Curry

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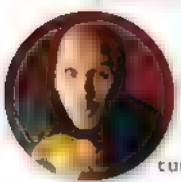


WINNER **BEST SEAFOOD**

Bombay native **Raghavan Iyer** is an authority on Indian cuisine. His most recent cookbook is *660 Curries*. He learned to cook from his grandmother and says he has no trouble linking his contemporary recipes to the essential goodness and authentic flavors of her kitchen.

BEST POULTRY

Picnic Oven-Fried Chicken

h*w h*h

Recipe by the EatingWell Test Kitchen

Summer 2003

Makes: 4 servings
Active time: 20 minutes **Total:** 1 hour 35 minutes (including 30 minutes marinating time) **To make ahead:** Marinate the chicken for up to 8 hours.
Cost per serving: under $2

Former *EatingWell* Food Editor Patsy Jamieson says this recipe was a revelation: "It was astonishing to see how much saturated fat we cut out with a few simple techniques. I love the way the buttermilk marinade tenderizes the chicken and makes it succulent while the whole wheat/sesame seed coating makes a really effective faux skin." (*Photograph, page 50.*)

- ½ cup buttermilk
- 1 tablespoon Dijon mustard
- 2 cloves garlic, minced
- 1 teaspoon hot sauce
- 2½–3 pounds whole chicken legs, skin removed, trimmed and cut into thighs and drumsticks
- ½ cup whole-wheat flour
- 2 tablespoons sesame seeds
- 1½ teaspoons paprika
- 1 teaspoon dried thyme
- 1 teaspoon baking powder
- ⅛ teaspoon salt
- Freshly ground pepper to taste
- Canola or olive oil cooking spray

1. Whisk buttermilk, mustard, garlic and hot sauce in a shallow glass dish until well blended. Add chicken and turn to coat. Cover and marinate in the refrigerator for at least 30 minutes or for up to 8 hours.
2. Preheat oven to 425°F. Line a baking sheet with foil. Coat a wire rack with cooking spray and set it on the baking sheet.
3. Combine flour, sesame seeds, paprika, thyme, baking powder, salt and pepper in a sealable bag. Tapping off excess marinade, place one or two pieces of chicken at a time in the bag and shake. Tap off excess flour; place the chicken on the prepared rack and coat with cooking spray.
4. Bake chicken until golden brown and no longer pink in the center, 40 to 50 minutes.
Per serving: 224 calories; 7 g fat (2 g sat, 2 g mono); 130 mg cholesterol, 5 g carbohydrate; 0 g added sugars; 34 g protein; 1 g fiber; 237 mg sodium; 400 mg potassium.
Nutrition bonus: Zinc (24% daily value).

BEST POULTRY
9 RUNNERS-UP

Barbecued Raspberry-Hoisin Chicken

Chicken Piccata with Pasta & Mushrooms

Creamy Tarragon Chicken Salad

Honey-Mustard Turkey Cutlets & Potatoes

Indian Wok Seared Chicken & Vegetables

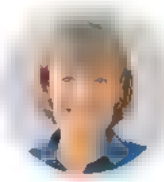
Mozzarella Stuffed Turkey Burgers

Pecan Crusted Turkey Tenderloin with Grilled Peach Salsa

Sautéed Chicken Breasts with Creamy Chive Sauce

Velvet Chicken with Bok Choy

recipes at eatingwell.com



WINNER **BEST POULTRY**

Patsy Jamieson is known for her healthful recipes that don't compromise on flavor. Along with guiding the food during the early years of this magazine (when she developed this Picnic Oven-Fried Chicken), she is the editor of *The Essential EatingWell Cookbook*

(Iyer: Tate Carlson; Jamieson: Ken Burris)

BEST MEAT

"Fajita" Burgers

hi f

Recipe by Bruce Aidells

June 2008

Makes: 4 servings
Active time. 50 m nutes **Total:** 50 minutes
To make ahead: Cover and refrigerate the ch pot e mayonna se (Step 3) for up to 5 days.
Cost per serving: under $3

"We always stopped for lunch at taco stands," Bruce Aidel s remembers about his summers spent making deliveries w th co-workers for his parents' tree nursery. "And I often ordered *tortas*, Mex can sandwiches with various fi lings They inspired this recipe." This spicy burger is slathered with a chipotle mayo and topped with roasted peppers and slaw. Serve it on an oblong bun.

- **1 pound 90%-lean ground beef**
- **¾ cup chopped fresh cilantro, divided**
- **½ cup finely chopped red onion**
- **¼ cup chopped scallions**
- **2 teaspoons minced garlic**
- **1 tablespoon chili powder, preferably New Mexican**
- **1 teaspoon ground cumin**
- **½ teaspoon dried oregano, preferably Mexican**
- **½ teaspoon freshly ground pepper**
- **¼ teaspoon salt**
- **⅓ cup low-fat mayonnaise**
- **1 tablespoon lime juice**
- **1 tablespoon chopped chipotle chile in adobo (*see Tip, page 31*)**
- **2 roasted Anaheim *or* poblano peppers (*to roast, see Tip, above*)**
- **½ cup shredded Monterey Jack cheese**
- **4 French rolls, preferably whole-wheat, split and toasted**
- **1 cup shredded green cabbage**
- **4 slices tomato**
- **4 thin slices red onion**

1. Preheat gr li to medium-high
2. P ace beef, ¼ cup ci antro, onion, scallions, garlic, chi l powder, cumin, oregano,

★★★★★★★★★★ 10 YEARS
This burger gets a punch from a topping of roasted Anaheim peppers. To roast peppers, grill over medium-high heat, turning frequently, until the skin is blistered and blackened on all sides, about 10 minutes. Transfer to a bowl, cover with plastic wrap and let steam for 10 minutes to loosen the skins. Uncover and let cool.

pepper and salt in a large bowl. Gently combine, without overmixing, until evenly incorporated. Form into 4 equal patties, about ½ inch thick and oval-shaped to match the rolls.

3. Combine the remaining ½ cup cilantro, mayonnaise, lime juice and chipotle in a small bowl.

4. Peel the roasted peppers, halve lengthwise and remove the seeds.

5. Oil the grill rack. Grill the burgers until an instant-read thermometer inserted in the center registers 165°F, about 6 minutes per side. Top with cheese; cook until it is melted, about 1 minute more.

6. Assemble the burgers on toasted rolls with the chipotle mayonnaise, half a roasted pepper, cabbage, tomato and onion.

Per serving: 434 calories; 20 g fat (7 g sat, 7 g mono); 87 mg cholesterol; 36 g carbohydrate; 3 g added sugars, 31 g protein, 6 g fiber; 662 mg sodium; 660 mg potassium. **Nutrition bonus:** Vitamin C (75% daily value), Zinc (47% dv), Vitamin A (28% dv), Iron (26% dv), Calcium (20% dv), Magnesium & Potassium (19% dv).

WINNER **BEST MEAT**

Famed cookbook author, sausage-maker and *EatingWell* contributing editor **Bruce Aidells** has sampled hundreds of authentic cuisines all over the world. But to him the number one secret to making tasty burgers is something universal: "You can't make a good burger using inferior ingredients."

BEST VEGETARIAN

Braised Summer Vegetables with Green Herb Sauce

how to
Recipe by Deborah Madison

September 2005

Makes: 6 servings, 2 cups each
Active time: 55 minutes **Total:** 1½ hours
To make ahead: Cover and refrigerate for up to 3 days. Reheat in the microwave or on the stovetop over low heat.
Cost per serving: under $2.50

A scrumptious mélange of summer vegetables braised and topped with a drizzle of an intensely green, pestolike sauce, this dish was inspired by a stroll through the farmers' market. "It's a thoroughly summery dish," Madison says. "It reflects my belief that foods in season together go pretty well together." In other words: feel free to mix up the produce based on what you have on hand. If they're available, try adding fresh fava or other shell beans to bump up the protein in this dish. About the sauce, Madison raves, "I always love the finish of something bright and uncooked, like this herb sauce."

Vegetable Braise

- **2 tablespoons extra-virgin olive oil**
- **2 bay leaves**
- **6 small onions, halved, *or* 2 large onions, cut into 2-inch pieces**
- **7 large cloves garlic, peeled and halved**
- **3 sprigs fresh thyme**
- **6 fresh sage leaves**
- **12 small *or* 3 large carrots, peeled and cut into 3-inch lengths**
- **12 ounces small new potatoes, scrubbed and cut into 1½-inch wedges**
- **8 ounces yellow wax beans *or* a mixture of beans, trimmed and cut in half**
- **5 medium tomatoes, peeled, seeded and quartered, juice reserved**
- **1 large yellow *or* orange bell pepper, cut into strips**
- **1 pound zucchini *or* summer squash, cut into 2-inch pieces**
- **½ teaspoon salt**
- **¼ teaspoon freshly ground pepper**

Green Herb Sauce

- **½ cup packed fresh basil leaves**
- **½ cup flat-leaf parsley leaves**
- **2 tablespoons fresh marjoram leaves**
- **1 small clove garlic**
- **3 tablespoons extra-virgin olive oil**
- **3 tablespoons water, or more if necessary**
- **2 tablespoons capers, rinsed**
- **Pinch of salt**

1. To prepare vegetable braise: Heat oil and bay leaves in a large Dutch oven over medium-low heat until fragrant, about 1 minute. Stir in onions, garlic, thyme and sage; cover and cook, without stirring, 3 minutes. Layer carrots, potatoes, beans, tomatoes, bell pepper and squash on top without stirring. Season with salt and pepper, and pour the reserved tomato juice over the vegetables. Cover and cook until the vegetables are tender and juicy, 40 to 60 minutes. After 30 minutes, if the pot seems dry, add a few tablespoons water.

2. To prepare green herb sauce: Puree basil, parsley, marjoram, garlic and oil in a food processor or blender. With the motor running, add water and process until the sauce is smooth. Transfer the sauce to a bowl, stir in capers and season with salt.

3. Remove the bay leaves and thyme sprigs from the vegetables. Serve drizzled with the green herb sauce.

Per serving: 250 calories; 13 g fat (2 g sat, 9 g mono); 0 mg cholesterol; 32 g carbohydrate; 0 g added sugars, 6 g protein; 7 g fiber; 352 mg sodium; 1,147 mg potassium. **Nutrition bonus:** Vitamin C (178% daily value), Vitamin A (151% dv), Potassium (32% dv), Folate (24% dv), Magnesium (17% dv).

(Aidells: Jennifer Ford.)

BEST MEAT
9 RUNNERS-UP

Asian "Salisbury" Steaks

Beef & Potato Salad with Smoky Chipotle

Filet Mignon with Madeira-Prune Sauce

Grilled Filet Mignon with Herb Butter & Texas Toasts

Hamburger Buddy

Middle Eastern Roast Lamb with Tahini Sauce

Rosa di Parma

Tomato-Herb Marinated Flank Steak

Turkish Pasta with Bison Sauce

recipes at eatingwell.com

Barbecue Pulled Chicken

Sesame Chicken Cucumber Noodle Salad

BEST VEGETARIAN
9 RUNNERS-UP

Baked Mac & Cheese

Bean Bolognese

Bean Burgers with Spicy Guacamole

Cheese Enchiladas with Red Chile Sauce

Nasi Goreng

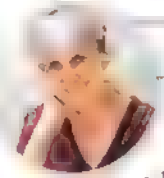
Saag Tofu

Skillet Gnocchi with Chard & White Beans

Skillet Tofu Parmigiana

Tomato Corn Pie

recipes at eatingwell.com



WINNER **BEST VEGETARIAN**

Chef and cookbook author **Deborah Madison** lives in Galisteo, New Mexico, where she gardens and writes. Known for her vegetarian recipes, her latest book is *Seasonal Fruit Desserts*

BEST SLOW COOKER

Barbecue Pulled Chicken

h*w h♥h

Recipe by Bruce Weinstein & Mark Scarbrough

April 2008

Makes: 8 servings
Active time: 25 minutes **Slow-cooker time:** 5 hours **Total:** 5½ hours
To prep ahead: Combine sauce ingredients (in Step 1) in a bowl. Trim chicken thighs. Chop onion and mince garlic. Refrigerate in separate covered containers for up to 1 day. Heat the cold sauce to a simmer before adding to the slow cooker.
To make ahead: Cover and refrigerate for up to 3 days or freeze for up to 1 month.
Cost per serving: under $2

Bruce Weinstein loved the process of testing this delectable recipe: "We had BBQ pulled chicken every night for a week while I perfected the balance of vinegar, sweet and heat." While not technically barbecued, the thighs are slow-cooked in a tangy and hot tomato-based sauce that gives the meat all the right flavors. It makes an unbeievable sandwich, but you can also serve it on mashed potatoes or even whole-grain spaghetti Serve with shredded napa cabbage tossed with low-fat mayonnaise, cider v negar, ce ery seed and honey to taste.

- **1 8-ounce can reduced-sodium tomato sauce**
- **1 4-ounce can chopped green chiles, drained**
- **3 tablespoons cider vinegar**
- **2 tablespoons honey**
- **1 tablespoon sweet *or* smoked paprika**
- **1 tablespoon tomato paste**
- **1 tablespoon Worcestershire sauce**
- **2 teaspoons dry mustard**
- **1 teaspoon ground chipotle chile (*see Tip, below*)**
- **½ teaspoon salt**
- **2½ pounds boneless, skinless chicken thighs, trimmed**
- **1 small onion, finely chopped**
- **1 clove garlic, minced**

1. Stir tomato sauce, chiles, vinegar, honey, paprika, tomato paste, Worcestershire sauce, mustard, ground ch potle and salt in a 6-quart s ow cooker until smooth. Add chicken, onion and garlic; st r to combine
2. Put the lid on; cook on Low until the chicken can be pulled apart, about 5 hours.
3. Transfer the chicken to a clean cutting board and shred with a fork. Return the chicken to the sauce, st r well and serve
Per serving: 249 calories, 11 g fat (3 g sat, 4 g mono), 93 mg cho esterol; 10 g carbohydrate, 4 g added sugars; 26 g protein, 1 g fiber; 304 mg sodium; 430 mg potassium. **Nutrition bonus:** Zinc (18% daily va ue), Vitamin A (16% dv).

Tip: Chipotle ch ies are dried, smoked jalapeños. Ground chipotle can be found in the spice section of most supermarkets or online at *penzeys.com*

BEST SLOW COOKER
9 RUNNERS-UP

Black Bean-Mushroom Chili

Braised Pork with Sa sa

Fragrant Shredded Beef Stew

Greek Chicken & Vegetable Ragout

Nonna's Spaghetti & Meatballs

Pulled Pork with Caramel zed Onions

Slow-Cooker Picad lo

Slow-Cooker Stout & Chicken Stew

Slow-Cooker Vegetarian Lasagna

recipes at eatingwell.com

WINNER **BEST SLOW COOKER**
Food-fanatic couple **Bruce Weinstein & Mark Scarbrough** wrote a beloved regular *EatingWell* column called *Serves Two* as well as countless features. Their next cookbook, *Grain Mains*, out in August, focuses on whole grains.

(Madison Jaune Smith Weinstein & Scarbrough Jon Fisher)

BEST POTLUCK

Sesame Chicken Cucumber Noodle Salad

h♥w h♥h

Recipe by Ming Tsai

June 2011

Makes: 12 servings, about 1⅓ cups each **Active time:** 45 minutes **Total:** 45 minutes **To make ahead:** Cover and refrigerate salad for up to 1 day or prepare dressing (Step 2), cover and refr gerate for up to 5 days, thin with a little water as needed. **Cost per serving:** under $2.50

The secret to this saucy sesame chicken and nood e salad is in its beautiful raw vegg es. As Ming Tsai puts it, "This salad is tasty and extremely satisfying because of the great crunch. It's simple to make, healthy and affordable. You just can't not try it!" Serve it on a hot summer night or bring t along as a refreshing change of pace at a warm-weather potluck: just toss the sa ad with the dressing when you're ready to serve. (Recipe adapted from *Simply Ming One-Pot Meals* by Ming Tsai and Arthur Boehm; Kyle Books, 2010.)

- **8 ounces fresh *or* dried Chinese egg noodles *or* other thin pasta**
- **1 cup creamy natural peanut butter**
- **¾ cup rice vinegar**
- **2 tablespoons toasted sesame oil**
- **2 tablespoons Shaoxing wine (*see Tip, page 58*) *or* dry sherry**
- **1 cup thinly sliced scallions**
- **¼ cup chopped fresh cilantro (optional)**
- **2 tablespoons reduced-sodium soy sauce**
- **1 tablespoon Asian chile sauce, such as sambal oelek *or* Sriracha**
- **2 heads baby romaine *or* 1 head regular romaine lettuce**
- **1½ pounds cooked boneless, skinless chicken breasts, sliced crosswise into ¼-inch slices and chilled**
- **2 medium red bell peppers, diced**
- **1 large English cucumber, peeled, seeded, halved lengthwise and cut into ¼-inch slices**
- **⅛ teaspoon salt, or more to taste**
- **Freshly ground pepper to taste**
- **Toasted sesame seeds for garnish**

1. F ll a large bowl with water and add ice cubes. Cook noodles in bo ling water until just tender, 2 to 4 minutes if fresh, about 6 minutes for dry (or according to package direct ons). Drain and transfer the noodles to the ice water. When the noodles are cold, drain well and transfer to a very large bowl. Set aside.
2. Meanwhile, wh sk peanut butter, v negar, sesame oil and Shaoxing (or sherry) in a bowl until smooth. Add sca lions, cilantro, if using, soy sauce and hot sauce, and st r to blend.
3. If us ng baby romaine, ha f lengthw se, notch out the core, and cut crosswise into ½-inch p eces. If using regular roma ne, remove the tougher outer leaves. Ha ve

lengthwise, notch out the core, halve again, and cut crosswise into ½-inch pieces. You should have about 8 cups.
4. Add the lettuce, chicken, bell peppers and cucumber to the noodles. Add three-fourths of the dressing and toss to coat. Season with salt and pepper. Add the remaining dressing if desired.
5. Transfer the salad to a serving bowl. Serve garnished with sesame seeds.
Per serving: 242 calories; 11 g fat (2 g sat, 5 g mono); 34 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 18 g protein; 3 g fiber; 312 mg sodium; 386 mg potassium.
Nutrition bonus: Vitamin A (69% daily value), Vitamin C (48% dv), Folate (19% dv).

Tip: Shaoxing or Shao Hsing, is a seasoned rice wine. It is available at most Asian specialty markets and in the Asian section of some larger supermarkets.

BEST POTLUCK
9 RUNNERS-UP

Broccoli-Bacon Salad

Cheddar Cornmeal Biscuits with Chives

Chilled Maine Shrimp with Cabbage & Peanuts, Vietnamese Style

Garden Pasta Salad

Lebanese Potato Salad

Provençal Summer Vegetables

Seven-Layer Salad

Tex-Mex Summer Squash Casserole

Three Bean Salad

recipes at eatingwell.com

WINNER **BEST POTLUCK**
Chef **Ming Tsai** is well known for the sophisticated East-West cuisine he serves at his Boston-area restaurant, Blue Ginger, as well as on his PBS cooking show, *Simply Ming*.

BEST COOKIES

Bev's Chocolate Chip Cookies

Recipe by Beverley Sharpe
Spring 2004

Makes: about 2½ dozen cookies
Active time: 10 minutes **Total:** 35 minutes
To make ahead: Store airtight up to 3 days or freeze for up to 2 months.

EatingWell reader Beverley Sharpe developed these cookies in 2004 to keep her daughters eating right. "We still bake these cookies," Bev says, "but we add different flavors, substituting almond meal for the oats and adding flax or coconut."

- ¾ cup old-fashioned rolled oats
- 1 cup whole-wheat flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ cup unsalted butter, softened
- ¼ cup canola oil
- ½ cup granulated sugar
- ½ cup packed light brown sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 1 cup chocolate chips

1. Preheat oven to 350°F. Coat 2 baking sheets with cooking spray.
2. Grind oats in a blender or food processor. Transfer to a medium bowl and stir in flour, baking soda and salt. Beat butter in a large bowl with an electric mixer until fluffy. Add oil, granulated sugar, brown sugar, egg and vanilla; beat until smooth and creamy. With the mixer running, add the dry ingredients, beating on low speed until just combined. Stir in chocolate chips.
3. Drop the dough by heaping teaspoonfuls, at least 1 inch apart, onto the baking sheets. Bake cookies, 1 sheet at a time, until firm around the edges and golden on top, about 15 minutes. Cool the cookies 2 minutes on baking sheets, transfer to wire racks to cool completely.
Per cookie: 99 calories; 5 g fat (2 g sat, 2 g mono); 10 mg cholesterol; 12 g carbohydrate; 8 g added sugars; 1 g protein; 1 g fiber; 64 mg sodium; 41 mg potassium.

BEST COOKIES
9 RUNNERS-UP

Almond & Honey-Butter Cookies

Double Peanut Butter Chocolate Chewies

Italian Hazelnut Cookies

Mom's Apple Squares

Nana's Creole Pecan Cake Bars

Nut-Free Chocolate Cherry Snack Bars

Outrageous Macaroons

Rocky Road Brownies

ne-Fruit Bars

es at eatingwell.com

WINNER **BEST COOKIES**
Santa Barbara native and working mom **Beverley Sharpe** submitted her cookie recipe to our old "Kitchen to Kitchen" section and is thrilled about how popular it has become.

BEST DESSERT

Pineapple-Coconut Layer Cake

Recipe by the EatingWell Test Kitchen
February 2008

Makes: 16 servings
Active time: 1¼ hours **Total:** 2½ hours
Equipment: Two 9-inch round cake pans

Katie Webster says, "Getting all the parts of this cake to come together took a lot of trial and error... Delicious error!" The results speak for themselves: layers of coconut flavored cake filled with sweet pineapple curd, topped with creamy coconut frosting, fresh pineapple and

(Taal Anthony Teuli Sharpe Courtesy Beverley Sharpe Webster Katie Webster.)

toasted coconut. "I snuck in white whole-wheat flour and real pineapple for better nutrition. Classic *EatingWell*!" says Katie. (*Photograph: page 47*)

Cake

- 1½ cups cake flour
- 1 cup whole-wheat flour, preferably white whole-wheat (*see Tips, right*)
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ¾ cup granulated sugar
- ½ cup honey
- ⅓ cup canola oil
- 3 tablespoons butter, melted
- ¾ cup buttermilk *or* nonfat milk
- 2 tablespoons coconut rum *or* dark rum
- 2 teaspoons coconut extract
- 3 large eggs, separated (reserve 2 yolks for pineapple curd)

Pineapple Curd

- 2 large egg yolks
- 6 ounces pineapple juice (¾ cup)
- ¼ cup granulated sugar
- 5 teaspoons cornstarch

Frosting & Garnish

- 12 ounces reduced-fat cream cheese (Neufchâtel), at room temperature
- ⅓ cup confectioners' sugar, sifted
- 1 teaspoon coconut extract *or* rum
- Pinch of salt
- 1½ cups diced fresh pineapple, divided
- 2 tablespoons toasted coconut (*see Tips, right*)

1. To prepare cake: Preheat oven to 350°F. Coat two 9-inch cake pans with cooking spray.

2. Sift cake flour, whole-wheat flour, baking powder and ¼ teaspoon salt into a medium bowl. Beat ¾ cup sugar, honey, oil and melted butter in a large bowl with an electric mixer on medium speed until well blended. Whisk buttermilk (or milk), rum and coconut extract in a small bowl. With the mixer on low speed, alternately mix dry ingredients and wet ingredients into the sugar mixture, starting and ending with dry ingredients, scraping the sides of the bowl as needed, until just combined.

3. Clean and dry the beaters. Beat 3 egg whites in a medium bowl with the electric mixer on medium-high until soft peaks form. Gently fold the whites into the batter in two additions until just combined. Divide the batter between the prepared pans, spreading to the edges.

4. Bake the cake until a toothpick inserted in the center comes out clean, 26 to 30 minutes. Cool in the pans on a wire rack for 10 minutes. Turn out and let cool to room temperature, about 1 hour.

5. To prepare curd: Whisk 2 egg yolks, pineapple juice, ¼ cup sugar and cornstarch in a small saucepan. Cook over medium-low heat, whisking constantly, until thick and beginning to bubble, 3 to 5 minutes. Let cool completely.

6. To prepare frosting & assemble cake: Beat cream cheese, confectioners' sugar, extract (or rum) and salt in a medium bowl with an electric mixer until smooth.

7. Place one cake layer, top-side down, on a cake stand or plate. Spread with the pineapple curd, stopping just short of the edge. Scatter ½ cup diced pineapple over the curd. Place the second layer, top-side up, on top. Spread frosting over the top and sides. Decorate top with the remaining 1 cup pineapple and toasted coconut.

Per serving: 318 calories; 13 g fat (5 g sat, 5 g mono); 45 mg cholesterol; 46 g carbohydrate; 24 g added sugars; 6 g protein; 1 g fiber; 203 mg sodium; 113 mg potassium. **Nutrition bonus:** Vitamin C (15% daily value).

Flexible Chocolate Chip Cookies

Tips: Find **white whole-wheat flour** at well-stocked supermarkets or at *kingarthurflour.com*. **Toast coconut** in a dry skillet over medium-low heat, stirring often, until golden, about 5 minutes.

BEST DESSERT
9 RUNNERS-UP

Blueberry Cupcakes

Chilled Key Lime Mousse

Chocolate Tart with Hazelnut Shortbread Crust

Dark Cherry Bundt Cake

Frozen Pineapple Upside-Down Cake

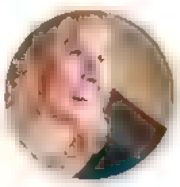
Frozen Raspberry Pie

Raspberry-Almond Crumb Tart

Strawberry-Rhubarb Pie

Strawberry Shortcake

recipes at eatingwell.com



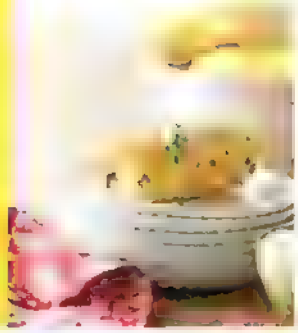
WINNER **BEST DESSERT**

As a recipe developer for *EatingWell*, **Katie Webster** has created recipes to grace our pages many times. The culinary-school grad and Vermonter maintains a beautiful blog at *healthyseasonalrecipes.com*.

sweet summer corn

The wholesome corn you grew up with is still there to savor in its short season. So why the controversy?

BY BARRY ESTABROOK



Risking a rear-end collision, I braked and swerved into the gravel pullout of a roadside produce stand in our town. Deep-green ears of sweet corn were stacked like cordwood, the first of the year. I picked one up and peeled back the husk, sniffing the fresh, vegetal scent and salivating at the plump, pearly kernels.

"Is this local?" I asked the skinny, sunburned fellow who was pulling ears from a burlap bag. He averted his eyes. "Nope," he mumbled, "my cousin grew it over in Monkton." Monkton is the neighboring town, about three miles away.

His frankness could have been motivated by either honesty or self-preservation. No doubt some of his customers viewed the harvest from our town as far superior to anything grown in that *other* town. After I got back home, I gave the cobs a quick dip in boiling water and began devouring my first corn in nearly 10 months—buttery, sweet and rapturously corn-y—and felt no qualms about betraying hometown loyalty.

Americans take their sweet corn seriously: nothing says "summer" as eloquently as the crunch of kernels being gnawed off a cob. And there is merit to the purists' stance: the closer to your stovetop sweet corn is grown, the better it will be. A generation ago, corn dictated a strict locavore policy, long before the term was invented. In a day after being picked, half of the sugar in older varieties, such as Golden Bantam (introduced in 1902) and Silver Queen (1955), will turn into starch. That changed in the 1950s when John Laughman of the University of Illinois cross-pollinated three varieties of corn to create a hybrid strain that was not only sweeter but able to retain its sweetness longer. Laughman's work launched a saccharine

RECIPES BY THE EATINGWELL TEST KITCHEN • RECIPE PHOTOGRAPHY BY CARIN KRASNER

Last year only 3 to 4% of the sweet corn grown in the U.S. was GMO.

Photography by: Erica Allan

revolution that has resulted in cobs that are up to five times sweeter than yesteryear's and can stay sweet for weeks, which means the supermarket industry loves the stuff. But by focusing on "sweet," breeders have neglected the other vital word, "corn," and the signature taste of summer is often muted in sugary sameness.

I wanted to know more about that corn my grandparents grew up on. So I went to visit Kevin Smith, who runs Sycamore Farms in upstate New York. To say that the buff 31-year-old's corn-growing roots run deep is an understatement: his father and grandfather before him made their livelihoods from fields of sweet corn. And it's not just any sweet corn. From the 237 acres that he tends an hour and a half north of New York City, Smith grows sweet corn for some of the most demanding palates in the country, including high-end Manhattan restaurants like Gramercy Tavern. Smith eschews the newest ultrasweet types of corn, instead growing varieties like Providence, Revelation and Delectable, which strike a perfect compromise, staying sweet longer but still packing plenty of real corn flavor. "I love everything about sweet corn," he says. "It's almost like nature's fast food. It comes in a neat little package. You just snap it off the stalk. There's nothing better." Smith often shucks a cob and eats it raw in the field for breakfast.

But a few years ago, Smith noticed a decrease in sales at his stand in Manhattan's Union Square Greenmarket. "I think my customers were lumping all corn into the same bucket," he says. "Field corn, sweet corn, GMO, high-fructose corn syrup... some people just gave up eating it."

There's a lot of confusion over corn. It's gotten a bad reputation due to what's happened with field corn, which is distinctly different from sweet corn. Harvested when its kernels are hard and dry, field corn is a commodity crop used in the manufacture of products like livestock feed, ethanol, high-fructose corn syrup, corn oil, liquor and all manner of processed foods: cookies, mayonnaise, margarine... Introduced in the mid-1990s, genetically modified (GMO) seeds now produce nearly 90 percent of the field corn in the United States (along with more than 90 percent of the soy and canola). Unlike hybridized plants, which are created through cross-pollination, genetically modified plants have strands of DNA added to achieve desired characteristics.

And in late 2011, DowAgrichemical upped the stakes with field corn by applying for permission from the FDA to market GMO corn that is resistant to 2, 4-D, an herbicide that was a component in the Vietnam War-era herbicide Agent Orange and is still used in many home lawn-care products. In people who work with 2, 4-D, the chemical has been linked to cancers, hormonal disruptions, reproductive difficulties and birth defects, according to the U.S. Department of Labor. In wheat-growing states where 2, 4-D and related pesticides are used in large quantities, the Environmental Protection Agency has found higher-than-normal rates of circulatory and respiratory birth defects.

Unlike with field corn, growers of sweet corn have been slow to plant GMO seeds. At approximately 700,000 acres, sweet corn occupies less than one-hundredth of the amount of acreage devoted to field corn in the U.S. Most is canned or frozen. The corn we eat fresh is grown on only 250,000 acres. Last year only 3 to 4 percent of the sweet corn raised in the United States came from the genetically modified sweet corn seeds Syngenta, a global agribusiness company, introduced 15 years ago. Monsanto hopes to change all that.

This summer for the first time, farmers are planting Monsanto's newly approved, genetically modified Performance sweet-corn seeds. Monsanto is aiming its marketing muscle at iconic corn on the cob. "Our sweet corn is a fresh-market product that will be sold on the ear," said Carly Scaduto, vegetable communications manager at Monsanto. She wouldn't divulge how much will be planted this year.

The new corn has been bioengineered to survive applications of glyphosate (sold under the trade name Roundup), an herbicide that destroys competing weeds. Planting "Roundup-resistant" varieties allows farmers to control weeds by spraying, an alternative to expensive and time-consuming methods like mechanical tilling. Monsanto has also spliced genes into the corn that produce toxins that kill corn-eating caterpillars, helping farmers reduce their use of pesticides. The poisons are derived from *Bacillus thuringiensis* (Bt), a bacteria that occurs naturally in soil and is approved for organic agriculture. Fatal to insect larvae, most experts say Bt is harmless to humans and animals. However, Canadian researchers reported in 2011 in the journal *Reproductive Toxicology* that they found residues of Bt in the blood of mothers and fetuses. "More research is needed. The impact of Bt on a fetus's development is unknown," says Aziz Aris, M.D., Ph.D., study principal investigator and professor in the department of Obstetrics and Gynecology at the University of Sherbrooke.

"My customers were lumping all corn into the same bucket. Field corn, sweet corn, GMO, high-fructose corn syrup... some people just gave up eating it."

Photography by Erica Allen

Myth: Corn is fattening and sugary.

Truth: An ear of corn has about the same number of calories as an apple and less than one-fourth the sugar.

Although the FDA says that there is no material difference between kernels of GMO corn and those from traditional varieties, some recent research casts doubt on that conclusion. A study published in the *International Journal of Biological Sciences* in 2009 by a group of French scientists found liver and kidney damage in rats fed Roundup-resistant corn.

There are also environmental concerns around GMO crops. Weeds and insects can develop resistance to herbicides and pesticides like glyphosate and Bt, meaning that plants will have to be created that can withstand increasingly toxic chemicals. More than 26 species of weeds in 20 states are now resistant to Roundup. Similarly, the Environmental Protection Agency has found Bt-resistant corn root worms in four states. And because corn's pollen is easily transported by wind, conventional crops can be contaminated by neighboring fields planted with GMO varieties.

I asked farmer Kevin Smith about his take on GMO sweet corn. "I won't grow it," he said flatly. "If you want to avoid it, one way is to ask the farmers you buy from if they plant GMO corn." (Syngenta's Attribute and Monsanto's Performance are the two varieties sold in North America.) Another way: choose USDA organic corn. GMO crops are forbidden under organic standards. Also, many farmers' markets (including New York's Greenmarket and San Francisco's Ferry Plaza) ban the intentional use of GMOs, so check to see if your market has a similar policy. In the U.S., genetically modified foods are not required to be labeled, but legislation is being considered in California and more than 20 other states that would require GMO labeling. (To learn more, visit *nongmoproject.org*.)

As for choosing the best-tasting corn, Smith abides by a self-imposed "one-day rule." He won't sell a cob that's more than 24 hours out of the field. Although corn lovers often profess to have favorite varieties, Smith says variety is far less important than freshness. Time is corn's great enemy. "Any corn can be ruined if it's old," he says.

In the height of summer, farmers' market stalls are overflowing, stands spring up along rural byways and even supermarket bins are piled with local corn. My biggest concern is not finding super-fresh cobs or avoiding GMO corn, it's overindulgence: moderation is not one of my strong suits when someone passes me a steaming platter of corn. Nor can I resist when it's cut off the cob and tossed into a simple summer pasta, a cheesy dip or even crab cakes. Fortunately, corn has its own way of enforcing discipline. The season passes quickly, and when there is no longer local corn available, I abstain. Happily.

Barry Estabrook's book Tomatoland *delves into problems with modern agriculture.*

Roasted Corn Cheese Dip

Makes: 3 cups for 12 servings
Active time: 15 minutes **Total:** 35 minutes

Inspired by *queso fundido*—melted Mexican cheese dip—this warm Cheddar and corn dip is great with toasted baguette.

- **3 cups corn kernels (*see page 66*)**
- **8 ounces shredded sharp Cheddar cheese (2 cups)**
- **8 ounces reduced-fat cream cheese (Neufchâtel), cut into small pieces**
- **⅛ teaspoon cayenne *or* chili powder**

1. Preheat oven to 375°F
2. Coat a medium (10-inch) cast-iron skillet with cooking spray; heat over medium-high heat. Add corn; cook, stirring occasionally, until mostly golden brown, 5 to 7 minutes. (Corn kernels may "pop" as they brown.) Remove from heat; stir in Cheddar and cream cheese. Transfer to the oven.
3. Bake until golden and bubbling, 18 to 20 minutes. Sprinkle the cheese dip with cayenne (or chili powder) and serve
Per ¼-cup serving: 155 calories; 11 g fat (7 g sat, 3 g mono); 34 mg cholesterol; 8 g carbohydrate, 0 g added sugars; 8 g protein; 1 g fiber; 186 mg sodium; 146 mg potassium.
Nutrition bonus: Calcium (16% daily value).

Food stylist: Karen Gillingham. Prop stylist: Jennifer Bargularena. Tabletops from H.D. Buttercup

Summer Corn & Scallop Pasta

h!f h♥h

Makes: 4 servings, about 1½ cups each
Active time: 45 minutes **Total:** 45 minutes
Cost per serving: under $5

Mild, sweet scallops partner beautifully with corn in this light but creamy pasta.

- 8 ounces whole-wheat linguine
- 2 strips bacon, chopped
- 1 pound dry sea scallops, patted dry
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 4 medium ears corn, kernels and "milk" removed (*see page 66*)
- 1 cup chopped red bell pepper
- 5 cloves garlic, minced
- ½ cup dry white wine
- ½ cup reduced-fat sour cream
- 1 tablespoon all-purpose flour
- ½ cup chopped fresh basil
- 4 lemon wedges

1. Cook pasta in a pot of boiling water until just tender, 8 to 10 minutes or according to package directions. Reserve ½ cup of the cooking liquid; drain the pasta.
2. Cook bacon in a large nonstick skillet over medium heat until crispy, 3 to 4 minutes. Remove to a small bowl with a slotted spoon; leave the bacon fat in the pan.
3. Sprinkle scallops with ¼ teaspoon each salt and pepper. Add to the pan and cook over medium heat until golden brown, about 2 minutes per side. Transfer to a plate; tent with foil to keep warm.
4. Add corn kernels and corn "milk," bell pepper and garlic to the pan and cook, stirring, until the garlic is fragrant, about 2 minutes. Add the reserved cooking liquid and wine and continue cooking, stirring occasionally, until the corn is tender, about 3 minutes more. Stir in sour cream and the remaining ¼ teaspoon each salt and pepper. Sprinkle flour over the mixture. Cook, stirring, until the sauce is bubbling and thickened, about 1 minute.
5. Reduce heat to low and return the pasta, bacon and any scallop liquid accumulated on the plate to the pan, toss to coat with the sauce. Stir in basil. Divide the pasta among 4 bowls and top with the scallops. Serve with lemon wedges.

Per serving: 473 calories; 8 g fat (3 g sat, 2 g mono); 42 mg cholesterol; 73 g carbohydrate; 0 g added sugars; 28 g protein; 10 g fiber; 844 mg sodium; 829 mg potassium. **Nutrition bonus:** Vitamin C (99% daily value), Magnesium (41% dv), Vitamin A (36% dv), Folate (31% dv), Zinc (23% dv).

Maryland Corn & Crab Cakes

h!f h♥h

Makes: 4 servings, 2 crab cakes & about 1 cup salad each
Active time: 1 hour **Total:** 1 hour
To make ahead: Prepare through Step 2, cover and refrigerate for up to 4 hours.
Cost per serving: under $4

These corn and crab cakes taste like summer by the shore. The tomato and corn salad that accompanies them is a lively addition. *(Photograph: page 63.)*

Crab Cakes

- 1 cup corn kernels (*see page 66*)
- 1 cup fine, dry breadcrumbs, preferably whole-wheat, divided
- ¼ cup low-fat mayonnaise
- ¼ cup finely chopped red bell pepper
- ¼ cup finely chopped fresh parsley
- 1 tablespoon Dijon mustard
- 1 large egg, lightly beaten
- 1 tablespoon lemon juice
- 1 tablespoon fresh dill or 1 teaspoon dried
- 1 teaspoon hot sauce
- ¼ teaspoon Old Bay seasoning
- 1 pound pasteurized crabmeat, drained if necessary, picked over
- 2 tablespoons extra-virgin olive oil, divided, for cooking

Corn Salad

- 2½ cups corn kernels
- 2 cups chopped ripe tomatoes

Crazy for Corn?
Find more recipes for corn, including Corn Pudding and Tomato-Corn Pie, at eatingwell.com/go/corn.

How to Remove Corn Kernels

Stand an ear on its stem end and slice the kernels off with a sharp knife. To extract the corn "milk" and get more flavor for sauces, soups or puddings, add another step to the process. After cutting the kernels off, press the dull side of the knife down the length of the ear to push out the rest of the corn and its milk. Yield: You'll get about 1 cup fresh kernels from one large ear of corn.

- ½ cup diced red onion
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons white balsamic or white-wine vinegar
- ⅛ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 4 lemon wedges for serving

1. To prepare crab cakes: Combine 1 cup corn, ½ cup breadcrumbs, mayonnaise, bell pepper, parsley, mustard, egg, lemon juice, dill, hot sauce and Old Bay seasoning in a large bowl. Gently mix in crabmeat. Pack a ½-cup measuring cup with the crab cake mixture and unmold into your hand. Pack the mixture into a ball, then gently pat into a 3-inch cake about 1 inch thick. Repeat with the remaining crab mixture, forming 8 crab cakes total.
2. Place the remaining ½ cup breadcrumbs in a shallow dish. Gently dredge both sides of each crab cake in the breadcrumbs, transfer to a large plate. (Discard any remaining breadcrumbs.) Refrigerate.
3. To prepare corn salad: Combine 2½ cups corn, tomatoes, red onion, 1 tablespoon oil, vinegar, salt and pepper in a medium bowl.
4. To cook crab cakes: Place a large baking sheet in the oven; preheat to 250°F.
5. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add 4 crab cakes; cook until golden brown, 3 to 4 minutes per side. Transfer to the baking sheet. Reduce the heat under the pan to medium-low and add the remaining 1 tablespoon oil. Cook the remaining crab cakes until golden brown, 2 to 4 minutes per side. Serve with the salad and lemon wedges.
Per serving: 439 calories; 17 g fat (3 g sat, 10 g mono), 182 mg cholesterol; 46 g carbohydrate; 1 g added sugars; 32 g protein; 6 g fiber; 895 mg sodium; 695 mg potassium. **Nutrition bonus:** Vitamin C (77% daily value), Iron (39% dv), Vitamin A (37% dv), Folate (23% dv), Potassium (20% dv).

Sweet Corn Ice Cream

h*w h*h

Makes: about 5 cups, for 10 servings
Active time: 30 minutes **Total:** 4 hours
To make ahead: Prepare through Step 3, refrigerate for up to 1 day. After freezing, store airtight for up to 1 week.

This rich ice cream is amazing with fresh blueberries or warm blueberry pie.

- 1½ teaspoons unflavored gelatin
- 1 tablespoon water
- 2 cups corn kernels (*see above*)
- 2 cups low-fat milk
- 1 14-ounce can nonfat sweetened condensed milk
- 3 large egg yolks
- 1 cup buttermilk

1. Sprinkle gelatin over water in a small bowl; let stand, stirring once or twice, while you make the base for the ice cream.
2. Combine corn and milk in a large saucepan. Heat over medium heat until steaming. Whisk condensed milk and egg yolks in a large bowl until combined. Gradually pour the hot milk and corn into the egg yolk mixture, whisking until blended. Return the mixture to the pan and cook over medium heat, stirring with a wooden spoon, until the back of the spoon is lightly coated, 3 to 5 minutes. Do not boil.
3. Remove from heat and, using an immersion blender, puree the custard. (*Alternatively, place custard in a blender and puree until smooth. Use caution when pureeing hot liquids.*) Strain the custard through a fine-mesh sieve into a clean large bowl; press on the solids to extract the liquid. (Discard solids.) Whisk the gelatin into the custard until melted. Whisk in buttermilk. Transfer to the refrigerator until chilled, at least 2½ hours and up to 1 day.
4. Whisk the ice cream mixture and pour into the canister of an ice cream maker. Freeze according to manufacturer's directions. If necessary, place the ice cream in the freezer to firm up before serving.
Per ½-cup serving: 185 calories; 2 g fat (1 g sat, 1 g mono); 64 mg cholesterol; 34 g carbohydrate; 22 g added sugars; 8 g protein; 1 g fiber; 95 mg sodium; 570 mg potassium. **Nutrition bonus:** Calcium (20% daily value), Potassium (17% dv).

3 Easy Ways to Cook Perfect Corn on the Cob

Cooked just right, corn on the cob is tender and crisp. Overcooked it's tough and chewy. Whether you do it on the stovetop, grill or even in the microwave, here's how to have success every time.

Stovetop: Bring a large tea kettle of water to a boil. Place husked corn in a large skillet. Pour boiling water over the corn. Cook over high heat until the water returns to a boil. Immediately drain.

Microwave: Place corn (in the husk, untrimmed) in a microwave-safe dish; microwave on High for 5 minutes. Using a towel or wearing gloves, transfer the corn to a cutting board. Use a sharp knife to cut off the stem end, including the first row of kernels. Make sure you cut all the way through the husk. Using a towel (or wearing the glove), grasp the ear of corn from the top end and shake the ear. The cooked corn will slip right out of the husk, completely free of silks. Repeat with remaining ears.

Grill: Lightly brush husked corn with olive oil. Place on a grill preheated to medium-high and grill, turning occasionally, until lightly browned and charred in spots, 6 to 10 minutes. Keep in mind that smaller kernels cook more quickly.

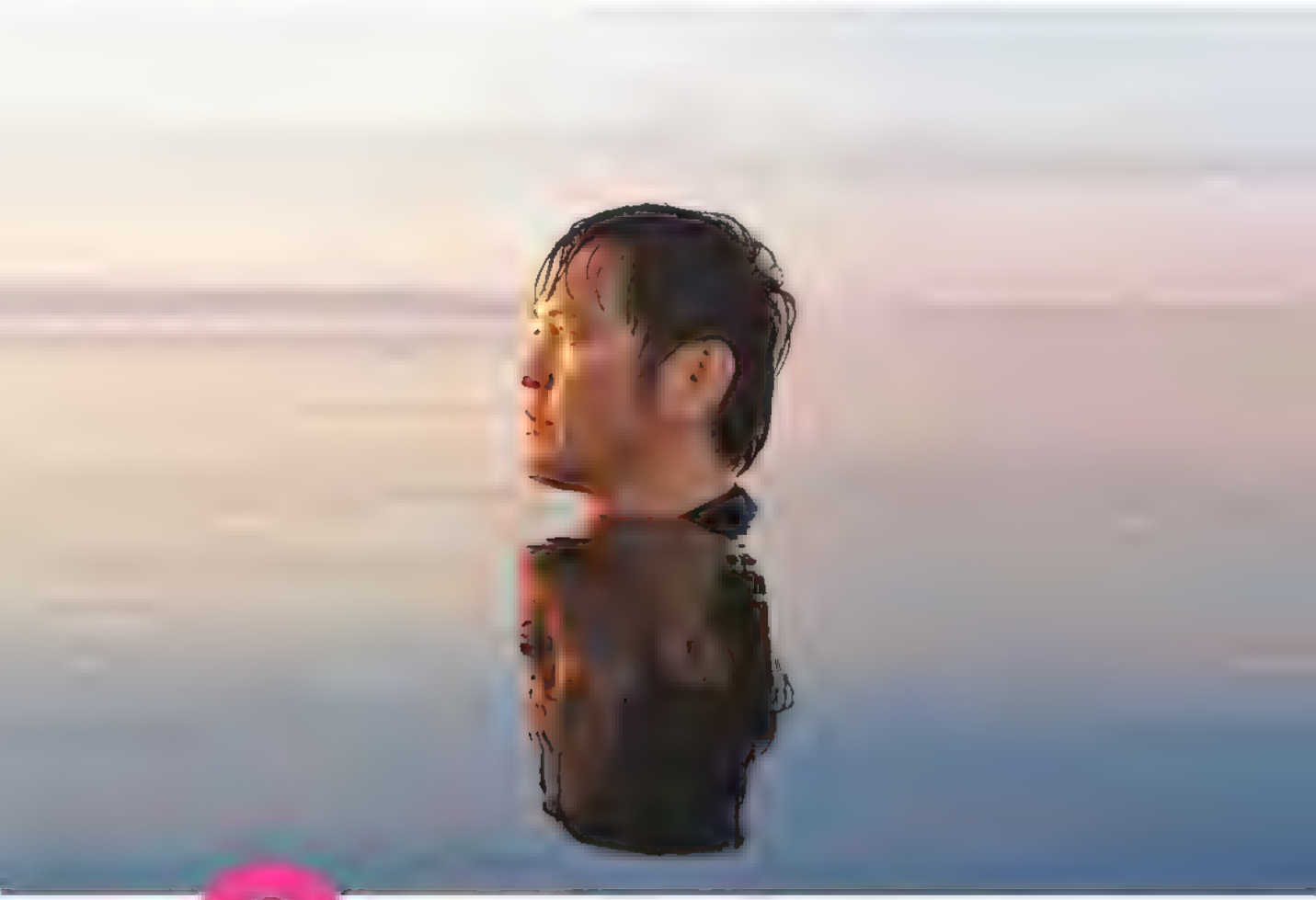
Photography by: Ken Burris (top); Erica Allen (bottom)

Sweet corn is loaded with lutein and zeaxanthin, two phytochemicals that promote healthy vision.

Sweet Corn Ice Cream

sushi for the future

Bun Lai creates crazy, healthy, sustainable and affordable sushi. You can too.



Portrait by Erica Allen

One night a few months ago, Paul Freedman, Yale professor and editor of the award-winning tome *Food: The History of Taste*, was given the somewhat daunting task of taking René Redzepi out to dinner. Freedman led the man behind Copenhagen's renowned Noma—named the world's best restaurant in 2010, 2011 and 2012—down the back streets of New Haven, Connecticut, to a nondescript sushi restaurant called Miya's.

It was a busy night, with students lining up at the door. Inside, the two rooms were packed with mismatched chairs, tables and dinnerware recycled or salvaged from Goodwill. Lat no chefs

BY LISA GOSSELIN · RECIPES BY BUN LAI · RECIPE PHOTOGRAPHY BY CARIN KRASNER

A SIMPLE ART

ROLL YOUR OWN

screamed out orders behind the sushi bar. Proprietor Bun Lai, built like a wrestler (which he is) and wearing jeans and a T-shirt, bounded between tables greeting diners with his impish smile. It could have been a scene at any college-town restaurant except for just one thing: the mind-blowing oversized, 50-page menu.

More than a list of dishes, the menu is a vision statement on sustainability, channeling the nutty, brilliant, socially conscious, multicultural and often absurdly funny concepts that ricochet through Bun Lai's brain. It starts like this:

"Cherokee Sumac Love Potion: Honey sweetened wild sumac sake, made from furry staghorn sumac... forage[d] from my friend's farm

"Dragon Lady: Victory drink of lesbian Chinese pirates of the South China Seas. Also popular with sorority girls everywhere!

"Ultraviolet Kisses: designed to taste like the ocean...it has the same salinity as the South China Seas. Since the Industrial Revolution the oceans have seen a 30% increase of acidity due to human activity. To raise awareness of this alarming problem we have made Ultraviolet Kisses to have a pH of 8.179, the pre-industrial acidity level of the world's oceans."

And those are just the drinks. There are appetizers like *Peanut Butter and Jelly*—made with real jellyfish—and *Tokyo Fro: "This recipe is inspired by the afro; it looks and tastes exactly like a Japanese processed fro!"* The menu continues with a wide variety of sushi rolls with incongruous ingredients, such as *Tyger Tyger* made with tempura tilapia, capelin roe, apricots, goat cheese, pickled radish and African berbere spice. And it ends with an invasive species menu that includes *Wild Swan & Kudzu* and *Japanese Knotweed Rolls*.

The menu is a vision statement on sustainability, channeling Lai's nutty, brilliant, socially conscious, multicultural and often absurdly funny concepts.

"I wanted Bun to present something to these Danish guys that would be local but a little wild and experimental," Freedman says. Redzepi, 34, is also known for wild and experimental—musk ox and hay are featured ingredients at his starkly elegant, high-end restaurant—and for adding flavors, textures and aromas few can imagine. Redzepi ate it up.

By now, Bun Lai is used to high-profile guests. But it's not celebrities or even foodies that Lai is cooking for. "I want to make sushi everyone can eat," he says, getting quiet and serious. "Sushi that could be the most affordable, healthy and sustainable food in the world. But right now, here in America, it's not."

"Pink slime sushi" is what Lai calls the popular California roll. "It's hardly food at all but faux crab made up of fishes of mysterious origin, which are processed with sugar, flour, egg and dyed to look like king crab."

When Lai was a boy, he moved to the outskirts of New Haven with his father, Dr. Yin Lok Lai, a Chinese surgeon, and his mother, Yoshiko, a Japanese nutritionist. She taught Lai to forage for burdock and other wild foods, explaining their health values and teaching her son how to cook. It was Yoshiko who first opened Miya's in 1982, with an eye toward healthful sushi.

But when Lai took it over, he upped the ante, and added his own flair. His sushi rolls, far from the ubiquitous sticky-

continued on page 74

get your SUSHI PARTY started

Before your guests arrive, gather your tools, prepare your fillings, and set up a space where people can make their own sushi. Here's what you need:

Tools
- Bamboo rolling mats
- Sharp knives (to cut rolls)
- Cutting boards
- Small bowls of water

Essentials
- Whole-Grain Sushi Rice (*page 72*)
- Nori sheets
- Chard leaves (for hand rolls, *page 75*)
- Citrus-Soy Dipping Sauce (*page 75*)
- Pickled Ginger (*page 75*)
- Wasabi

Fillings

Flaky Arctic Char, *page 74*; smoked wild salmon...

basil, mint, scallions,

pea tendrils, avocado, cucumber, papaya, tomato, green beans, snow peas, shiitakes,

For "How to Prep Fruits & Vegetables for Sushi," turn to page 75.

How to Make Maki Rolls TRY IT ONCE AND YOU'LL SEE JUST HOW EASY IT IS TO MAKE YOUR OWN

1. Place a sheet of nori (found at well-stocked supermarkets) shiny-side down on a bamboo rolling mat. Spread ½ cup sushi rice over half the sheet; firmly press rice along the edges.

2. Arrange ingredients of your choice about 1 inch from the bottom of the rice. Think about colors and flavors as you choose your fillings; see opposite for chef Lai's easy combos.

3. Roll up the maki tightly, leaving the last inch of the nori sheet exposed. Dip your fingertips into a bowl of water and wet the last inch of the nori, then finish rolling it closed.

4. Roll the bamboo mat over the maki roll. Pinch the mat to form the maki into an even cylinder. Before cutting, dip the tip of a chef's knife in water and tilt it up to let water roll down the blade

Whole-Grain Sushi Rice

h*w h♥h

Makes: about 8 cups, for 16 servings
Active time: 5 minutes **Total:** 2¾ hours
To make ahead: Cover and refrigerate for up to 3 days, bring to room temperature before making sushi.

Bun Lai uses brown rice blended with other grains and lentils in his sushi instead of white rice. He omits the traditional vinegar and sugar seasoning so that the natural taste of the whole grains shines through. Any lentils work. French green lentils hold their shape best.

- **1¼ cups short-grain brown rice**
- **¼ cup wild rice**
- **¼ cup lentils**
- **¼ cup quinoa**
- **3 tablespoons ground flaxseed (*see Tip, above right*)**
- **4 cups warm water**

1. Combine brown rice, wild rice, lentils, quinoa and flaxseed in a large saucepan, add water. Let stand at room temperature for at least 30 minutes and up to 4 hours to hydrate the grains.
2. Cover the pan with a tight-fitting lid and bring to a boil. Reduce to a very gentle simmer and cook until almost all the liquid has evaporated, 35 to 40 minutes. Remove from heat and let stand, covered, for 30 minutes. Uncover and cool for about 1 hour.

Per ½-cup serving: 94 calories; 1 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 18 g carbohydrate; 0 g added sugars; 3 g protein; 2 g fiber; 3 mg sodium; 109 mg potassium.

TIP: Look for ground flaxseed (flaxmeal) in large supermarkets or natural-foods stores or grind whole flaxseeds in a clean coffee grinder or blender just before using. Store in the refrigerator or freezer.

Teriyaki Mussels

Makes: about 1¼ cups, for 12 servings
Active time: 45 minutes **Total:** 45 minutes
To make ahead. Cover and refrigerate for up to 2 days. Serve cold or at room temperature.

These mussels are steamed, then simmered in a rich, syrupy teriyaki sauce. They are excellent in sushi rolls or simply on a toothpick as an appetizer.

- **4 pounds mussels, scrubbed and any fibrous beards removed (*see Tip, right*)**
- **8 cloves garlic, smashed, peeled and chopped**
- **¼ cup finely chopped fresh ginger**
- **½ cup water**
- **¼ cup pure maple syrup**
- **3 tablespoons reduced-sodium soy sauce**

1. Place mussels in a large Dutch oven. Sprinkle garlic and ginger over the mussels and add water to the pan. Bring to a boil over high heat. Cover and cook just until the mussels open, 2 to 4 minutes. Set a large colander in a large bowl and pour the mussels into the colander. Set aside to cool, reserving the cooking liquid and bits of ginger and garlic from the mussels. When cool enough to handle, remove the mussel meat from the shells, discarding any with unopened shells.
2. Place ¼ cup of the reserved cooking liquid plus 2 tablespoons of the reserved bits of ginger and garlic in a medium saucepan. Add maple syrup and soy sauce. Bring to a boil over high heat and cook, stirring frequently, until the sauce is thick and significantly reduced, 5 to 6 minutes. Stir in the reserved mussel meat and cook, stirring gently but constantly, until the sauce turns into a glaze and the mussels are well coated, 5 to 7 minutes. The bottom of the pan will be dry and sticky. Transfer the mussels to a bowl to cool.

Per serving: 59 calories; 1 g fat (0 g sat, 0 g mono); 12 mg cholesterol; 7 g carbohydrate; 4 g added sugars; 5 g protein; 0 g fiber; 212 mg sodium; 88 mg potassium

TIP: To clean mussels, rinse under cold running water, brushing off any grit. Discard mussels with broken shells or shells that remain open when you tap them. Pull off any fibrous "beard" that might be pinched between the shells; the "beards" of most cultivated mussels are already removed.

Food stylists: Karen Gillingham, Marah Abel (techniques) Prop stylist: Jennifer Bargujarena. Tabletops from H.D. Buttercup

GET FRESH

To make a maki roll start with nori and Lai's healthy Whole-Grain Sushi Rice. This one includes sustainable Teriyaki Mussels (*recipes opposite*) with added red bell pepper, papaya, peas with tendrils, dill and scallion greens. (*For nutrition info turn to page 2.*)

Here are 3 more combos to try:

1) Smoked wild salmon with avocado, snow peas and scallion.

2) Flash-Seared Arctic Char (*page 74*) with pan-roasted broccoli rabe stems, papaya, radish sprouts and sweet onion.

3) Pan-roasted shiitakes with cilantro, tomato, radish and avocado.

See "How to Prep Fruits & Vegetables for Sushi," page 75.

Beauty Roll
Sear Arctic Char and wrap it with carrot, tomato, cilantro, mango, asparagus and radish sprouts
(For nutrition info turn to page 2.)

continued from page 71
sweet white-rice rolls, are crunchy bites of goodness made with brown rice and quinoa, peppered with oat grains, chia, flaxseeds, amaranth and other whole grains. In addition to seaweed, Lai uses dark leafy greens, such as chard, as the outer wraps for his rolls. The soy sauce, though served in recycled Kikkoman bottles, is his take on ponzu, a low-sodium citrusy blend that adds a light tang to whatever it touches. The pickled ginger is homemade, too, without the pink dye, thank you, and sweetened with local maple syrup.

Perhaps the ingredients most noticeably lacking from the menu are the classic fish. "Over the years, I keep taking different fish off the menu as they become less and less sustainable: first tuna, then farmed salmon and this year shrimp," says Lai, who received the 2011 Seafood Ambassador Award from the Monterey Bay Aquarium. "In a world where there are over a billion people starving it's unfair to be feeding 10 or 20 pounds of sardines and anchovies to make one pound of tuna for wealthy people," he notes.

Instead, he uses sustainable Arctic char or wild Alaskan salmon, smoked mussels, oysters and other mollusks, and invasive Asian crabs. Miya's tilapia is grown in closed tanks by schoolchildren in an inner-city aquaculture program in neighboring Bridgeport, and much of the seafood Lai harvests himself from 60 acres of fishing grounds he leases off Connecticut's Thimble Islands.

On a brilliant day, Bun Lai and his fishery partner Brendan Smith chug across placid Long Island Sound.

"I've seen how commercial fishing can damage an ecosystem if it's not done right," says Smith, who dropped out of school at 14 to become an offshore fisherman. He gave it up, managed to put himself through Cornell Law School, but could not stay away from the sea. "I've watched so many fisheries disappear," he says as he glances over the bow of the boat. It's not just overfishing that worries him: "Even 10 years ago, this place was teeming with lobsters. The water's too warm for them here now."

Now that Smith is back, he is trying to "do it right." Today, he and Lai will haul back oysters, mussels and clams harvested from beds that actually help clean the water. Some will be sold as shares in their CSF (Community Supported Fishery). Others, along with seaweed and invasive species, such as Asian crabs, Lai will use on his menu tonight.

It's a menu for the future, a menu. Bun Lai calls "my love letter to humanity."

Flash-Seared Arctic Char

Makes: 8 servings
Active time: 15 minutes **Total:** 50 minutes
To make ahead: Prepare through Step 2, cover and refrigerate for up to 1 day. Slice just before serving.

Chef Lai salts fish like arctic char or wild salmon, then sears it rare before wrapping it in sushi. Ask for a center-cut piece of fish—it will cook more evenly. If you prefer your fish fully cooked, sear it for 5 minutes on one side, turn over, remove the pan from the heat and let stand for about 5 minutes more to finish cooking the inside.

- **1 pound center-cut arctic char or wild salmon, skinned**
- **1 teaspoon salt**
- **⅛ cup extra-virgin olive oil**

1. Cut fish crosswise into 3 equal portions. Sprinkle both sides with salt. Refrigerate for at least 30 minutes and up to 1 hour.
2. Place a paper towel–lined plate next to the stove. Heat oil in a large skillet over high heat until it's shimmering. Carefully add one portion of fish and cook for 8 seconds. Using a large spatula in one hand and a fork in another, very carefully turn the fish over and cook for 8 seconds more. Remove to the plate. Repeat with the remaining two portions of fish, cooking one at a time. Let cool.

Portrait by vmWilliams/New Haven Register

Web-Exclusive Recipes
Get Bun Lai's recipes for Teriyaki-Mussel Maki Roll and Seared Arctic Char Hand Roll at eatingwell.com/go/sushi

Make Your Own Hand Rolls USE SWISS CHARD AS A WRAPPER, THE SAME WAY YOU'D USE NORI

1.

2

3

3. Cut the fish across the grain into very thin slices. For the prettiest slices, position the knife on the fish starting at the side opposite you and, in one fluid motion, pull the knife toward you through the fish.
Per 2-ounce serving: 166 calories; 13 g fat (2 g sat, 9 g mono); 32 mg cholesterol; 0 g carbohydrate; 0 g added sugars; 12 g protein; 0 g fiber; 320 mg sodium; 202 mg potassium.

Pickled Ginger

Makes: about 1 cup
Active time: 1 hour **Total:** 1¼ hours
To make ahead: Refrigerate in its syrup in an airtight container for up to 2 weeks.

Pickled ginger is served as a palate cleanser between sushi courses. Store-bought versions often contain food dye. Making your own is easy and delicious.

- **8 ounces fresh ginger, peeled (*see Tip, right*)**
- **5 tablespoons white vinegar**
- **½ cup pure maple syrup or agave nectar**

1. Slice ginger very thin using a mandoline or sharp vegetable peeler. (It's OK if pieces vary in size.) Place ginger in a medium saucepan and add enough water to cover by about 2 inches. Bring to a boil over high heat; let boil for 5 minutes. Drain and rinse well with cold water. Return the ginger to the pan and cover with about 2 inches of water again; repeat the boiling, draining and rinsing two more times.
2. Return the ginger to the pan. Add just enough water to cover the ginger, then add vinegar and maple syrup (or agave), bring the liquid to a boil. Boil, stirring occasionally, until there is about ½ inch of syrupy, thick liquid left in the bottom of the pan, 15 to 20 minutes. Let cool before serving.
Per tablespoon: 37 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 9 g carbohydrate; 6 g added sugars; 0 g protein; 0 g fiber; 3 mg sodium; 80 mg potassium.

TIP: To peel fresh ginger, use the dull side of a vegetable peeler or a kitchen spoon to scrape off the papery peel.

Citrus-Soy Dipping Sauce

Makes: about 1 cup
Active time: 5 minutes **Total:** 5 minutes
To make ahead: Cover and refrigerate for up to 2 weeks.

This blend of reduced-sodium soy sauce, lemon and lime juice and vinegar has so much more great flavor than plain old soy sauce—and less sodium too!

- **½ cup plus 2 tablespoons reduced-sodium soy sauce**
- **2 tablespoons lemon juice**
- **2 tablespoons lime juice**
- **2 tablespoons white vinegar**

Combine soy sauce, lemon juice, lime juice and vinegar in a bowl.
Per tablespoon: 6 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 1 g carbohydrate; 0 g added sugars, 1 g protein; 0 g fiber; 333 mg sodium; 22 mg potassium.

HOW TO PREP FRUITS & VEGETABLES FOR SUSHI

Slice: Cut fruits and veggies into long narrow strips. Serve tender fruits, vegetables and herbs raw.
Blanch: Drop hard vegetables, such as carrots, asparagus and sweet potato, into boiling water for about 2 minutes. Transfer to a bowl of ice water. Drain and dry.
Pan Roast: For shiitakes, broccoli rabe stems (without the leaves) and whole scallions, heat a large stainless or cast-iron skillet over high heat until very hot, add vegetables, place a weight on top (such as another skillet or pan) and roast until blackened in spots. Turn and blacken the other side. Toss hot vegetables with a clove of minced garlic, ½ teaspoon each reduced-sodium soy sauce, toasted sesame oil and lime juice and a pinch of salt.

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CHECK OUT OUR NEW RECIPE

Sweet Apple Chicken Sausage Kabob

INGREDIENTS

1-12 oz pkg al fresco Sweet Apple Chicken Sausage
1/2 cup fresh pineapple
1/2 cup Red onion
1/2 cup Green bell pepper
1/2 cup Orange bell pepper
1 cup Cherry tomatoes
1/2 tsp Salt
1/2 tsp Pepper
Cooking spray
4-6 Skewers

INSTRUCTIONS

Pre-heat grill to medium-high. Slice Sweet Apple Chicken Sausage on bias. Slice fresh pineapple, onion, and peppers into 1" pieces. Assemble kabobs, thread the chicken sausage, pineapple, onion, peppers, and tomato, alternating each ingredient, onto each skewer. Lightly coat with cooking spray and season with salt and pepper. Grill, turning occasionally, until sausage is heated through (approx. 10-15 minutes).

All natural chicken meatballs and sausage. Find them fresh in the refrigerated section.

GET THIS RECIPE AND A $1 COUPON!

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test kitchen

tips · techniques · tools

Perfect Fruit Pies
plus our best healthy cooking tips and techniques from the past 10 years.

Easy as pie (crust)

"How do I make a healthier pie crust?" is one of the most frequent questions we hear from readers. The flaky crust wrapped around this juicy Peach-Raspberry Pie (*recipe, page 80*) is our answer. We use whole-grain flour for a boost of fiber and heart-healthy canola oil replaces most of the butter. The delicious result cuts nearly 60 calories and 12 grams saturated fat from a traditional recipe. For more healthy cooking tips plus our secrets for keeping the pie crust flaky, turn the page.

Photography by Bryan McCay

As Test Kitchen Manager, Stacy Fraser has been cooking up healthy recipe makeovers since 2004.

10 Secrets to **Healthy Cooking**

How the *EatingWell* Test Kitchen works its magic

Step inside the *EatingWell* Test Kitchen—picture four home kitchens in one room—and you'll find us trying to solve problems. What problems? We know you want recipes that satisfy your high standards of taste and health, but are easy and quick enough for a weeknight. So how do we do it? We turn to tricks and techniques we've learned over the past 10 years, some from the chefs and cookbook authors we work with, others developed through lots of trial and error, right here in our kitchen. Some of our tastiest results include: comfort foods like mac & cheese and fried chicken that are light enough to eat every day, baked goods with more fiber but fewer calories and less fat, and even healthier ice creams. Our other challenge: we want to make sure that when you make our recipes you get the same great results. So we test our recipes repeatedly, using different equipment and several cooks. To celebrate our 10th anniversary, we're sharing 10 of our best healthy cooking secrets. Use them in your own kitchen to create healthy recipe makeovers of your own. **—Stacy Fraser**

10 Best Tips

1 Make creamy dishes without the cream

Creamy sauces like those in fettuccine alfredo or homemade macaroni and cheese are often loaded with butter, heavy cream and/or cheese. We ditch heavy cream and make velvety sauces with low-fat milk that's thickened with flour. To make your own cream substitute: Combine 1 cup low-fat milk with 4 teaspoons all-purpose flour; whisk over medium heat until bubbling and thick. Cup for cup, thickened low-fat milk saves more than 680 calories and 53 grams saturated fat vs. heavy cream! For creamy salads, such as potato salads, opt for low-fat mayonnaise and/or reduced-fat sour cream; a blend of the two tastes great. One tablespoon regular mayo has 90 calories and 10 grams fat vs. 15 calories and 1 gram fat in low-fat mayo.

Recipes to try*: ***Creamy Tarragon Chicken Salad, Skillet Tuna Noodle Casserole, Mama's Potato Salad***

2 Try cooking with less oil

Extra-virgin olive oil and canola oil are our go-to, heart-healthy oils for many recipes. But they still pack about 120 calories per tablespoon, so we use them judiciously. Try adding less oil to your favorite sauté, salad or soup recipe. When cooking on the stovetop, cast-iron, nonstick or enamel-coated skillets and pans let you use the least amount of oil with very little sticking.

Recipes to try: ***Indian Spiced Shrimp (page 50), Quinoa & Smoked Tofu Salad, Quick Coq au Vin***

*Find all recipes at eatingwell.com

3 Get crispy "fried" food without the grease

Skip deep-frying and try our oven-frying technique: Dip chicken, fish or vegetables in milk, buttermilk or egg, dredge in seasoned flour or breadcrumbs, then coat with canola or olive oil cooking spray. Place on a wire rack set on a baking sheet and bake at 425° to 450°F until crispy. Two pieces of our oven-fried chicken have about 40 percent fewer calories and 4 grams less saturated fat than two pieces of traditional fried chicken.

Recipes to try: *Picnic Oven-Fried Chicken* (pictured, right; recipe page 52), *Oven-Fried Fish & Chips, Onion Rings*

4 Amp up flavor without the salt shaker

The USDA recommends limiting sodium consumption to less than 2,300 mg (1 teaspoon salt) per day. But keeping within that guideline can be tricky even if you make most of your meals at home. Replace some of the added salt in a recipe with sodium-free flavor-boosters like a squeeze of lemon or lime and/or chopped fresh herbs. Keep an eye on sodium in convenience products like canned broth, tomatoes and beans too. Often there is a lower-sodium option available, so check the nutrition panel to compare among brands.

Recipes to try: *Citrus-Soy Dipping Sauce* (page 75), *Sesame Chicken Cucumber Noodle Salad* (page 57)

5 Use whole grains in baked goods

Replacing half the all-purpose flour in baked goods with whole-wheat flour adds fiber (12 more grams per cup) and boosts essential B vitamins, zinc and magnesium. Try using regular or white whole-wheat flour in muffins, breads and hearty cookies; use finer-textured white-wheat pastry flour in cakes, pie crusts and delicate cookies.

Recipes to try: *Blueberry-Maple Muffins* (pictured, right), *Bev's Chocolate Chip Cookies* (page 58), *Honey Oat Quick Bread*

6 Swap good fats for bad fats

We love the taste of butter and know it can't always be replaced completely, especially in baked goods, but to keep saturated fat in check, we use canola or olive oil instead of butter as much as possible. Tablespoon for tablespoon, butter has seven times more saturated fat than oil. Experiment with your favorite recipe by replacing at least half of the butter with oil.

Recipes to try: *Peach-Raspberry Pie* (page 80), *Strawberry Shortcake, Maple-Nut & Pear Scones*

7 Go for egg whites in place of whole eggs

An egg white has only 16 calories and 0 grams of fat compared with 54 calories and 5 grams of fat in an egg yolk. Try using 2 egg whites in place of 1 whole egg in almost any recipe.

Recipes to try: *Pineapple-Coconut Layer Cake* (page 58), *Breakfast Fruit Bread Pudding, Egg & Salmon Sandwich*

8 Slim down homemade ice cream

For rich, smooth ice cream that's lower in calories and fat than regular ice cream, we use low-fat milk thickened with gelatin. It mimics the texture of full-fat ice cream, but cuts about 90 calories and 10 grams saturated fat (50 percent of

Photography by: Peter Ardito, Ken Burris (Fraser). Food stylist: Susan Vaysman. Prop stylist: Michelle Wong.

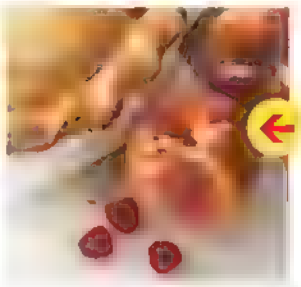
our daily limit) per ½-cup serving. **Recipes to try:** *Strawberry-Chocolate Ice Cream* (pictured, page 79), *Sweet Corn Ice Cream* (page 66), *Toasted Coconut & Almond Ice Cream*

9 Add grains or vegetables to meaty dishes

To keep ground meat dishes like meatloaf or burgers satisfying without tipping the calorie scale, we add whole grains (like bulgur or brown rice) or diced vegetables (like mushrooms or peppers) to the meat to bulk up portion size. It's also a great way to get more grains and vegetables into your diet—foods we typically don't get enough of. Try adding ¾ to 1 cup cooked grains or diced vegetables for each pound of meat. **Recipes to try:** *Meatloaf, Neapolitan Meatballs, Smoky Buffalo Burger*

10 Reduce cheese, keep the flavor

Using less cheese gives any dish an easy health upgrade. Opt for bold-flavored cheeses, such as extra-sharp Cheddar, goat cheese and Parmigiano-Reggiano, to give more flavor impact with fewer calories and less fat. **Recipes to try:** *Classic Lasagna, Melon, Tomato & Onion Salad with Goat Cheese* (page 49), *Macaroni & Cheese* (pictured)



Perfect Fruit Pie

Taste this pie and you'll never guess it has less than half the butter used in a traditional pie.

Peach-Raspberry Pie

Hard

Makes: 10 servings

Active time: 1 hour **Total:** 3½ hours (including 1½ hours cooling time)

To make ahead. Wrap crust (Step 1) tightly and refrigerate up to 2 days or freeze for up to 6 months.

A lightened pie crust plus the tart-sweet combination of peaches and raspberries is truly a winning recipe.

Crust

- 1¼ cups whole-wheat pastry flour
- 1¼ cups all-purpose flour
- 2 tablespoons sugar
- ½ teaspoon salt
- 4 tablespoons cold unsalted butter
- ¼ cup reduced-fat sour cream
- 3 tablespoons canola oil
- 4 tablespoons ice water

Filling

- 6 cups peeled sliced peaches (6-8 medium, ripe but firm; *see Tip, page 82*)
- 1 cup fresh or frozen raspberries
- ⅔ cup sugar, plus 1 teaspoon for sprinkling
- 1 tablespoon lemon juice
- 3 tablespoons cornstarch
- 1 large egg white, lightly beaten, for brushing

1. To prepare crust: Whisk whole-wheat flour, all-purpose flour, 2 tablespoons sugar and salt in a large bowl. Cut butter into small pieces and, with your fingers, quickly rub them into the dry ingredients until the pieces are smaller but still visible. Add sour cream and oil; toss with a fork to combine with the dry ingredients. Sprinkle water over the mixture. Toss with a fork until evenly moist. Knead the dough with your hands in the bowl a few times—the mixture will still be a little crumbly. Turn out onto a clean surface and knead a few more times, until the dough just holds together. Divide the dough in half and shape into 5-inch-wide disks. Wrap each in plastic and refrigerate for at least 1 hour.

2. Meanwhile, prepare filling: Combine peaches, raspberries, ⅔ cup sugar and lemon juice in a large bowl; toss well to coat. Let stand for 5 minutes. Transfer the fruit mixture to a colander set over a medium bowl and let drain for 30 minutes. Pour the collected juice into a small saucepan. Return the fruit to the large bowl. Bring the juice to a boil over high heat and cook, gently swirling the pan, until reduced, syrupy and slightly darkened in color, 3 to 4 minutes. Add the syrup to the fruit along with cornstarch; gently toss until the cornstarch is completely dissolved.

3. To assemble & bake pie: Position a rack in the center of the oven and place a foil-lined baking sheet on the rack below; preheat to 375°F.

4. Remove the dough from the refrigerator; let stand for 5 minutes to warm slightly. Roll one portion between sheets of parchment or wax paper into a 12-inch circle. Peel off the top sheet and invert the dough into a 9-inch pie pan. Peel off the remaining paper. Trim the crust with kitchen shears or a butter knife so it overhangs the edge of the pan by 1 inch. Scrape the filling into the crust. Roll the remaining portion of dough between sheets of parchment or wax paper into

4 Tips for a Perfect Pie Crust

Make sure your water is ice-cold

Be sure to measure the flour accurately

Don't overwork the dough

Refrigerate the crust for at least 1 hour before rolling out

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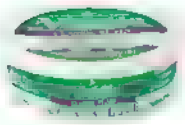

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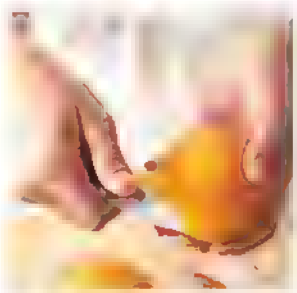
another 12-inch circle. Peel off the top sheet of paper and invert the dough onto the fruit. Peel off the remaining paper. Trim the top crust so it overhangs evenly. Tuck the top crust under the bottom crust, sealing the two together and making a plump edge. Flute the edge with your fingers. Brush the top and edge with egg white and sprinkle with the remaining 1 teaspoon sugar. Cut 6 steam vents in the top crust.

5. Bake the pie on the center rack until the crust is golden brown and the fruit is bubbling, 50 to 60 minutes. Let cool on a wire rack for at least 1½ hours.

Per serving: 315 calories; 10 g fat (4 g sat, 4 g mono); 15 mg cholesterol; 52 g carbohydrate; 16 g added sugars; 5 g protein; 4 g fiber; 126 mg sodium; 227 mg potassium. **Nutrition bonus:** Vitamin C (17% daily value).



Tip: Peaches that are ripe but still firm bake up perfectly tender while still holding their shape. To peel, dip in boiling water for about 1 minute to loosen skins. Let cool slightly, then peel with a paring knife.

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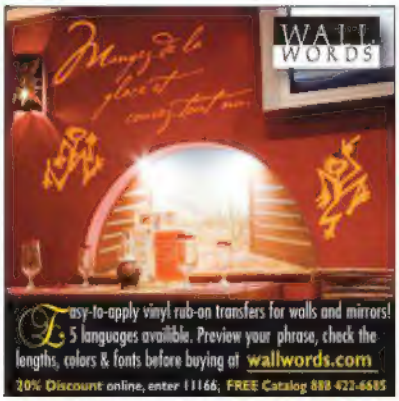
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Growing Roots

In the last 10 years, the whisper *"Where does our food come from?"* has become a roar. **By Lisa Gosselin**

It was early spring, 2002, when I found the old cabin, nearly overtaken by forest. It stood empty, at the dead end of a narrow valley in northern Vermont. Built in 1850, it had nothing that I had wanted in a house: no closets, no TV reception, no cell-phone service, no Internet access. It had everything I needed.

Beyond the tangle of raspberry bushes, a spring trickled from the side of the hill and joined a brook where trout hovered in the pebbled shallows. I found fiddleheads and wild ramps sprouting in the glades along the banks. Sap buckets still hung from the maples. One day I followed the river as it flowed down valley through a farm. A gray-haired woman in knee-high mud boots herded a sheep, goats and chickens past a weathered barn. "Eggs for sale" read a sign on the door.

I'd fled Manhattan just six months earlier, tired of high heels and takeout dinners. I was sick from breathing smoke and exhaust and shaken by the recurring images of two office towers tumbling into dust.

I craved clean air, clean water and clean food. I needed to be fed by my neighbors and nourished by the landscape.

I was not alone. In the years since I bought the cabin, what started out as a shy whisper—*"Where does this food come from?"*—has become a conversation, a chant, and now almost a roar. Farmers' markets, once the province of rural communities, have migrated into urban parks, doubling in number since 2002 and growing by 17 percent last year alone. Country of origin labeling has become mandatory for meats and fish, fruits, vegetables and many nuts. "Local" has become the new "gourmet," "farm-to-table" the mantra of the star chef. Hippie health-food stores have evolved into Whole Foods übermarkets that celebrate sustainability.

We care now not only where our food comes from, but also who produced it and how. The Fair Trade USA certification mark, established in 1998 to help assure eco-friendly practices and fair and ethical treatment of farmers in developing countries, now appears on more than 11,000 products and doubled in usage in 2010.

The National Organic Program, in its infancy in 2002, now certifies more than 28,380 producers worldwide. Milk produced without growth hormones can now be labeled rBST-free. And if California and more than 20 other states succeed in their legal battles, genetically modified foods may soon be labeled as such.

That first year in my new home, though, none of this existed. I had never heard the term "locavore" when I started what I called, somewhat jokingly, my "10-mile diet." I planted a garden. I picked berries. I bought chicken from the farm down the road. (I survived, my New York friend Tracy rightly pointed out, only because there was a brewery, Ben & Jerry's and Green Mountain Coffee Roasters all based within that 10-mile radius.) My asthma cleared up and I ran the dirt roads. And I started to cook again.

Undisturbed by phone calls, I found the time at last to browse the shiny-covered cookbooks, collected but never opened. I pored over food magazines, including a new local one called *EatingWell*, never imagining that four years later I would work there.

In the silent summer evenings in the cabin, the clatter of pans took the place of the white noise of TV and the roar of crowded city bars. Garlic, wine and spices were perfume, sticky dough on my fingers a warm handshake.

And when dinner was done, I would take my plate outside and sit in an Adirondack chair on the porch, tasting—in the trout and chives and crabapple pie—the flavors of the river, the farm, the woods.

I realized then, I had everything I needed.

Today, I have that and more. Despite all that is still wrong with our food system—the food deserts, overconsumption, the fact that fewer than one in four Americans eats the recommended servings of fruits and vegetables—I see the changes that have happened to our food in 10 years. And I have hope.

Lisa Gosselin has been EatingWell*'s editorial director since 2006.*

Illustration by: Bella Foster

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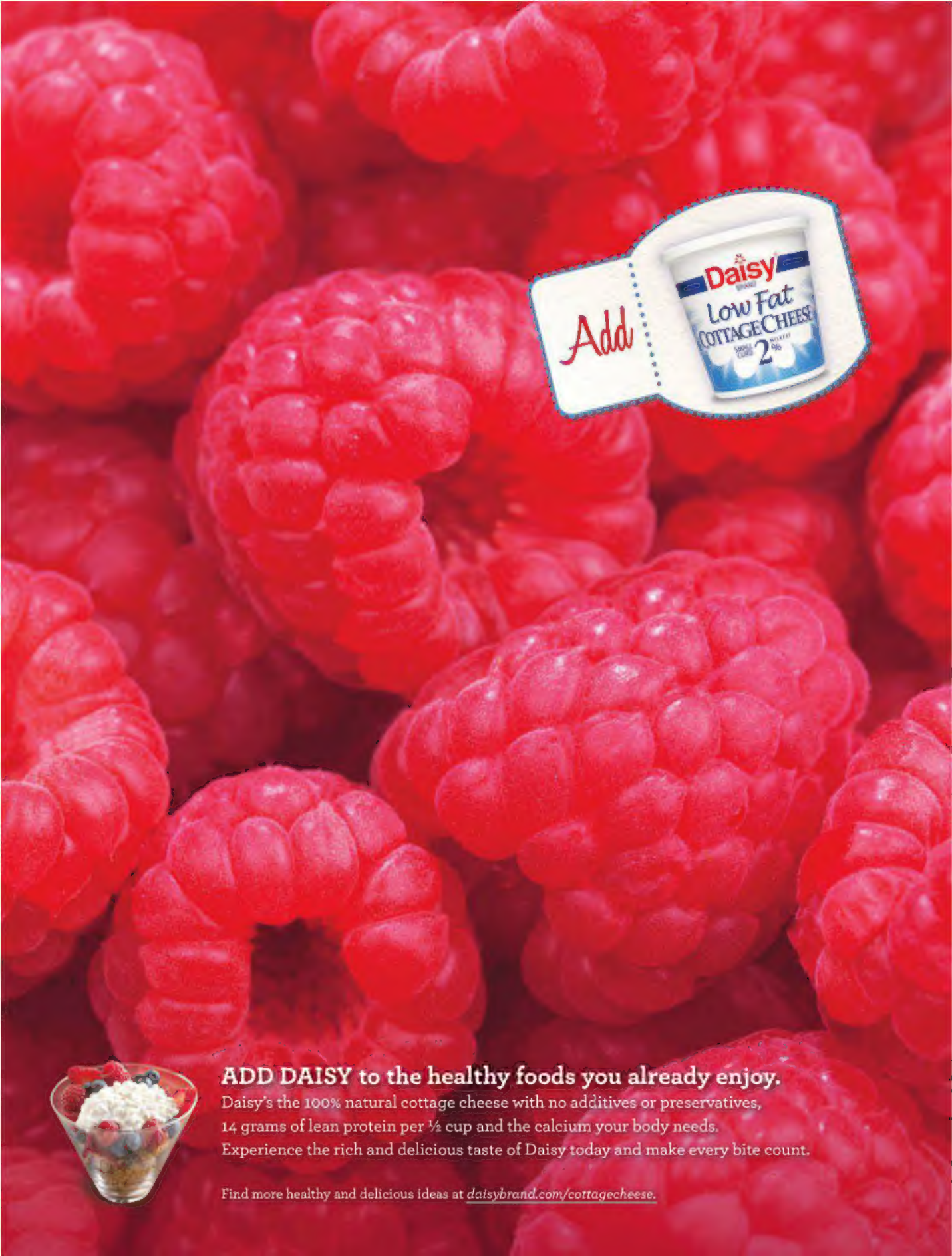

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